

take their oath of office before Superior Court Associate Judge Joseph N. Camacho on Friday morning. The 29 cadets of the 22nd Cycle Police Academy graduated Friday afternoon.

FERDIE DE LA TORRE

By FERDIE DE LA TORRE

Twenty-eight cadets of the 22nd Cycle Police Academy graduated on Friday and officially joined the

>> Arnold Seman Jr.

Arnold Fitial Seman Jr. of Saipan, son of police officer Arnold Seman, was the class valedictorian and grabbed the Lead-

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during the graduation ceremony held at the Saipan World Resort's Royal Taga Hall.

FERDIE DE LA TORRE

House OKs \$20.7M bill to pay off Mangabao, others

By ERWIN ENCINARES

he House of Representatives passed Friday a bill that pays off the government's largest land compensation debt in the amount of about \$16 million, hours after the Office of the Governor identified funds available for appropriation.

The legislation appropriates \$20.7 million for various land compensa-

>> Bill stops further accumulation over \$1M in annual interest

gets Leadership

Award as class

valedictorian

tion judgments that have been accruing millions of dollars in interest over the years. Those include the \$16 million owed the estate of Maria Mang-

abao, the \$3 million owed the heirs of Rita Rogolifoi, the over \$500,000 owed the estate of Vicente S. Muna, the over \$900,000 owed the estate of

Cresencio I. Manglona, and the over \$80,000 owed Luisa B. Quitugua. All in all, the bill, if passed by the

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Soudelor anniversary turns

The entire Commonwealth will mark the second anniversary this August of the time when Typhoon Soudelor laid waste to much of Saipan.

The Commonwealth Advocates for Recovery Effort, or CARE, which is spearheading much of the recovery efforts, is inviting the public to commemorate the occasion with a proclamation signing tomorrow, Aug. 1 and an outreach at the CARE booth

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Human remains await analysis

By KIMBERLY A. BAUTISTA

kimberly_bautista@saipantribune.com REPORTER

Hundreds of boxes of human remains excavated from a Garapan site many years ago are currently stashed in the storage area of the Northern Marianas Museum and have been languishing there for nearly 20 years.

These human remains are kept in boxes since 1998 and are still awaiting analysis.

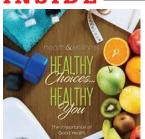
Department of Community and Cultural Affairs Secretary Robert Hunter, who was the former executive director of the museum, disclosed that the remains were dug up from the area that is now the Imperial Pacific Resort and Casino. The

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Volunteers rebuild a home destroyed by Typhoon Soudelor in Koblerville. The completed house will be the location of the proclamation signing tomorrow, Aug. 1.

CONTRIBUTED PHOTO

INSIDE



SUPPLEMENT

The Saipan Tribune comes with a supplement today, Healthy Choices...Healthy You.

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WORLD

President Nicolas Maduro is pledging to go after his political foes.

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LIFE & STYLE

George Clooney threatens prosecution for those who took photos of his wife, twins.

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SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

2 MONDAY, JULY 31, 2017 SAIPAN TRIBUNE

Local

CNMI drug court now has 23 participants so far

By FERDIE DE LA TORRE ferdie_delatorre@saipantribune.coms

From the original eight, the CNMI Superior Court Drug Court now has 23 participants, with only one being terminated since its first session started on Dec. 22, 2016.

In response to Saipan Tribune's inquiry, Superior Court Drug Court coordinator TaAnn T. Kabua said that, in order for a participant to graduate from the program, he or she must maintain sobriety and fulfill program conditions without any violation within 18 months.

So far, one participant has been dismissed for failure to meet the program's conditions, Kabua said.

The drug court expects the first eight participants to make it until the first graduation in July 2018. It already has had 31 hearings. Associate Judge Teresa Kim-Tenorio has been presiding over the sessions.

The parties at the sessions are drug court staff such as the manager, caseworkers, and compliance specialist, and representatives of the Office of the Attorney General, the

Office of the Public Defender, Department of Public Safety, Department of Corrections, Commonwealth Healthcare Corp., Community Guidance Center, and designated treatment providers from the Mari-

>> Only 1 terminated

national Inc.

Kabua is inviting human services agencies and other stakeholders to join them in their efforts to help individuals struggling with substance abuse.

"The success of the drug court program is dependent on the collaborative efforts of stakeholders throughout our community," Kabua said.

In addition to agency stakeholders, she said the success

of the program also correlates with external support factors such as support from nongovernment organizations and families of the participants.

"We want to recognize everyone who has contributed to the successful implementation of the drug court and for their continued support of our goals and objectives," Kabua said.

The federal court has a separate drug court program called the Drug Offender Reentry Program of the U.S. District Court for the NMI. Of the six DORE participants, three of them have already been terminated for continued drug use and other violations.



Superior Court Associate Judge Teresa Kim-Tenorio, fourth from right, and Superior Court Drug Court coordinator TaAnn T. Kabua, at Kim-Tenorio's right, pose with other members of the drug court.

Exercise GUAMEX kicks off

YIGO. Guam—Maritime patrol and reconnaissance aircraft from New Zealand, Japan, and the U.S. have arrived at Andersen Air Force Base to participate in a multinational anti-submarine warfare exercise off the coast of Guam that starts today, July 31, until Aug. 12.

Exercise GUAMEX 2017 is aimed at increasing proficiency and interoperability between Asia-Pacific countries.

GUAMEX will include multiple aircraft and subsurface assets from the Japan Maritime Self-Defense Force, the Royal New Zealand Air Force and the U.S., who will collaborate to strengthen personal relationships between these countries.

"GUAMEX provides an exceptional opportunity for our regional allies, friends, and partners to test our interoperability skills and hone our ASW techniques in a series of dynamic events. We don't often get the chance to train with one another," said Lt. Christi Morrissey, attached to Task Force 72 and the U.S. action officer for GUAMEX 2017. "We plan to put the crews through their paces, but also want to foster lasting relationships amongst the participants outside of the operational events."

Designed to strengthen regional partnerships, GUAMEX 2017 will include approximately 40 operational scenarios and the opportunity for military to military exchange events on aircraft and vessels.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www. twitter.com/usnavy. (PR)



Tropical storm intensifying into a typhoon

Tropical Storm Noru, located near Iwo To yesterday, is intensifying and possibly becoming a typhoon this morn-

According to the U.S. National Weather Service in Guam, Noru is forecast to

strengthen slightly Sunday night. As of 2pm yesterday, it was moving south-southwestward with maximum sustained winds of 70 miles per hour.

Noru's center was located 90 miles south of Iwo To or 425 miles northwest of Agrihan, 645 miles northnorthwest of Saipan, and 730 miles north-northwest of Guam.

Noru was moving 195 degrees at 9 miles per hour and expected to turn west-southwest Sunday night and slow its forward speed.

The storm brought rain yesterday afternoon to Saipan. (Ferdie de la Torre)

The plaintiffs requested the

court to declare that all ordi-

nances, resolutions, rules, regu-

Ex-CUC board members' motion to have lawsuit dismissed withdrawn

By FERDIE DE LA TORRE ferdie_delatorre@saipantribune.com REPORTER

Superior Court Associate Judge Joseph N. Camacho withdrew from the court's calendar on Thursday a motion by former members of the Commonwealth Utilities Corp. board to dismiss a lawsuit filed against them by two former employees.

He made the move at the request of the parties in the case and after a meeting with Camacho in his chamber last July 11.

George Lloyd Hasselback, as the lawyer of former CUC information officer Brad Ruszala and former chief financial officer Matthew Yaquinto, and attorney James S. Sirok as counsel for former CUC board chair Adelina C. Roberto and former board members Eric C. San Nicolas, Joseph T. Torres, Albert A. Taitano, and board member Ignacio L. Perez, attended the meeting.

Last May, Gov. Ralph DLG

appointed Weston Torres Thomas A. Deleon Guerrero and Matthew Holley to the CUC board, two weeks after sacking all previous board members except Ignacio Perez.

Ruszala and Yaquinto sued the former CUC board directors for violations of the Open Government Act, Government Ethics Code, and U.S. District for the NMI stipulated order.

Ruszala and Yaquinto sued all CUC board members, except David Sablan Jr., for allegedly holding closed-door meetings under the guise of "executive sessions" and using their positions to obtain private financial gain for themselves and their relatives.

Ruszala and Yaquinto asked the court to declare that defendants are in violation of their fiduciary duties.

lations, directives created by the CUC board in violation of OGA, be declared null and void. According to Sirok, the lawsuit is nothing more than a veiled attempt to obtain a "stepping stone" for a request to Torres to remove all board



members except for David J.





Sablan Jr.



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COMMUNITY BRIEFS

Family grief support group meeting on Aug. 3

The Compassionate Friends of Saipan will be holding their monthly grief support meeting on Thursday, Aug. 3, from 6pm to 7:30pm, in the NMPA-SI conference room on Middle Road, in Gualo Rai.

We offer understanding and hope to parents, siblings and grandparents who are grieving the loss of a child of any age, and from any cause. We provide a safe, confidential setting, in which to share our experiences, while respecting and supporting each other, and listening. We have "been there." We do not espouse any specific religious or philosophical ideology. There is

no "right way" to grieve, and family members are welcome to come to share or just to lis-

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others to be supportive. For more information, email tcfSaipan@gmail.com or call Donna Krum (783-1900). To learn more about The Compassionate Friends, visit their website at www.compassionatefriends.org. (PR)

Saipan chamber meeting on Wednesday

The Saipan Chamber of Commerce will have its August

general membership meeting on Wednesday, Aug. 2, at Charley's Cabaret of Pacific Islands Club. The speakers are Bobby Shringi, board chairman of the Guam Chamber of Commerce, and Chris Concepcion, managing director of the Marianas Visitors Authority.

Shringi will speak about some of the Guam chamber's activities and missions, about the Guam business climate, and about ways Saipan and Guam can benefit from each other. Concepcion will update Chamber member on the efforts and activities of the MVA.

The buffet luncheon begins at 11:30am with the meeting portion of the agenda starting promptly at noon. (PR)

VA benefits outreach on Saipan

The U.S. Department of Veterans Benefits Administration will be visiting Saipan on Aug. 31, 2017, and will be conducting a benefits workshop/claims clinic and outreach at the Pedro P. Tenorio Multi-Purpose Center in Susupe. The workshop/claims clinic will be from 9:30am to 12:30pm. Veterans will also be meeting one-onone with the benefit counselor from 12:30pm to 3:30pm.

Workshop topics include VA benefits, loan guaranty, vocational rehabilitation & employment, death benefits & education benefits. Counselors will be available to answer questions and assist with the claim process. (PR)





House ethics committee investigating Bordallo

WASHINGTON (AP)—The House Ethics Committee says it is investigating a complaint against Delegate Madeleine Bordallo of Guam, following a report by the independent Office of Congressional Ethics.

The committee did not specify the nature of the allegation against Bordallo, but a spokesman for the delegate said the inquiry was the result of a politically motivated complaint regarding her lodging in Guam. Bordallo, a Democrat,

Spokesman Adam Carbullido said Bordallo is cooperating fully with the ethics panel and is committed to abiding by House rules and federal law. Bordallo

The ethics panel says in a statement that the inquiry alone does not reflect any

The panel will announce further steps by Sept. 11.

COPS

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ership Award.

Vinnie Saures Inos of Saipan was the class saluta-

Esteven Sablan of Tinian was chosen as the Most Physically Fit, while Nuke Jacob Manglona of Rota was awarded the Top Gun.

Manuel Camacho of the Division of Fish & Wildlife, the lone non-police cadet, graduated with the same cycle to become a conservation officer.

In an interview after the graduation ceremony at the Saipan World Resort's Royal Taga Hall, Seman said he just did the same work that all the other cadets put in and "maybe just a little bit more."

Seman, 19, said he did not expect to emerge at the top of the class and obtain the Leadership Award. He just graduated from the Marianas High School last year.

Seman said he was only working to go through training, which he described as hard.

His father was understandably very excited with his son's graduation and for being the class valedictorian.

Coincidentally, Seman Sr. also won the Leadership Award back in his cycle, the 10th cycle, in 1992.

"My son is carrying it," he

Seman Jr.'s mother, June Fitial Seman, is currently in New Jersey.

Seman Sr. surprised his son with a new 2017 Mazda 6 as the latter emerged at the lobby of the Saipan World Resort.

DPS Commissioner Robert A. Guerrero said all new graduates on Saipan will be assigned at patrol.

"Let's go to work. We have a lot of work out in the streets with our community," Guerrero told the new officers.

With the new officers, there are now about 150 officers on Saipan, 19 on Tinian, and 35 on Rota.

Aside from Arnold Seman Jr. and Vinnie Inos, the 17 other graduates from Saipan are Anthony David Santos,

is in her eighth term as the territory's non-voting member of

denies any wrongdoing.

judgment of wrongdoing.

Eugene Dillay, Kobe Jordan C. Tomokane, Jaime Santos Toytoy, Ernest Sablan Jr., Jamie C. Omengkar, Joylee Marie T. Sakisat, Aerrol Jean B. Castro, Jay O. Charley, Denny Lee Jepen, Peter Cepeda, David Anthony S. Hosono II, Edward Cepeda Jr., Jesse Peter Attao Sablan, Eric Garrett Dela Cruz Flores, Jay Lee Laniyo, and Virolanson Secharmidel.

From Tinian, aside from Esteven Sablan, the three other new officers are Christian Masga, Mark Mapeso, and Lucio Sanchez.

From Rota, aside from Nuke Manglona, the four new officers are Edward Hocog, Henry Manglona, Fidel Anton Manglona, and Harvey Toves Atalig Jr.

Gov. Ralph DLG Torres served as the keynote speaker at the graduation ceremony.

Shortly before the graduation ceremony, the cadets took their oath as new officers before Superior Court Associate Judge Joseph N. Camacho.

Camacho reminded the new officers that they must possess integrity and character.

"When you take this oath, you are making a choice. This oath asks something from you. It asks you to support and defend the right and laws of people," Camacho said.

Camacho noted that a few weeks ago, a police officer was sentenced to prison for driving a police car while drunk, hitting an old woman and fleeing the accident scene, and abandoning the injured woman bleeding on the side of the road.

Last month, Camacho said, a police officer was sentenced for domestic violence for getting drunk and beating his wife, and that the wife had to be taken to the hospital.

The judge said a year ago, a police officer was sentenced for buying the illegal drug "ice" and growing marijuana.

"Look at the faces of your families and friends. Do not abuse or misuse your position. Do not bring shame on yourself, your uniform and badge," Camacho told the new officers.

SOUDELOR

From Page 1

at the Thursday Night Market on August 3.

Gov. Ralph DLG Torres will sign the proclamation document at one of CARE's recently rebuilt homes in Koblerville tomorrow morning at 8:30am. The event will recognize the dedication of a network that has helped families become stronger after Soudelor, as well as the community's commitment to helping all families recover from disaster. To learn more, visit www. facebook.com/carecnmi.

CARE will also be holding a fundraiser on Aug. 3, from 6pm to 10pm at its booth at the Thursday Night Market.

The goal of the fundraiser is to raise money for building materials for the remaining families still recovering from Soudelor.

There will be games, visual displays, and Pika chocolate chip cookies available for every \$1 donated. The organization will give away a DriFit T-shirt for every \$20 donated.

In August 2016, CARE



Volunteers, American Red Cross NMI Chapter staff, and homeowners pose in front of the completely rebuilt home.

CONTRIBUTED PHOTO

hosted a number of events to commemorate the first anniversary of Soudelor. The sunrise vigil "SOU' Rise" brought the community together to show courage and strength on the actual anniversary of Soudelor, a proclamation from the governor honored the many organizations that worked in direct relief in the weeks after Soudelor, and SOU' Fest honored the resiliency of the people in their recovery.

Since September 2015, 188 families have benefited from the CARE Repair and Rebuilding Program by receiving building materials and/or skilled volunteer labor.

While many have been able to fully recover, thanks to CARE's assistance, there are still approximately 100 families who have an immediate need for repair and rebuild work today.

CARE needs to raise \$650,000 to help the remaining families recover from the typhoon.

CARE has raised \$2.4 million in financial and in-kind resources to date to support their repair and rebuilding program.

Approximately 37 percent of resources have come from the federal government, 26 percent from local businesses and nonprofits, 21 percent from international nonprofits, and 17 percent from the local government.

For more information on how CARE prioritizes families in need of assistance, visit http://carecnmi.org/about/faq.

As of July 1, CARE is no longer accepting new cases for disaster recovery assistance.

The organization has 100 clients on its waitlist, and the network does not have enough funds to accommodate those who have already been waiting for two years.

The CARE booth at the Thursday Night Market is raising money to help the remaining clients on their waitlist recover from Soudelor.

To learn more about CARE's operations and what the CARE network has done to help the community, view the 2016 CARE Impact Report at or visit their Facebook page at www.facebook. com/carecnmi.

Typhoon Soudelor hit the CNMI on Aug. 2, 2015. (PR)

HOUSE

From Page 1

Senate, is set to relieve the Commonwealth government of over \$20 million in land compensation debt and an annual accruing interest rate of over \$1 million.

The largest of the amount owed is that of the Mangabao estate. After being filed back in 1997, the heirs of the Mangabao family are set to finally receive their long-awaited compensation.

Michael Dotts, who has been handling the case since 2007, specified that interest has been accruing at a rate of \$2,880 per day, adding up to an amount of over \$16 million throughout the years.

"There is a lot of people

in this family, maybe about 3,000 people; they are going to get paid," said Dotts. He added that the passing of the bill is "good for the Commonwealth" as it cuts the accruing interest as the days go by.

"We are making more than a million dollars a year in interest on this case," he said, adding that the "Commonwealth has a moral obligation to pay judgments."

According to Dotts, the family should see the money start "flowing down" soon. He added that since Maria Mangabao passed away, several generations since her passing have to be reviewed in order for the right heirs to receive their compensations.

"It's a very large family at this point because the initial matriarch passed away long ago," he said, adding that the petition for partial distribution has already been filed to get "the money flowing down."

The author of the bill, Ways and Means Committee chair Rep. Angel Demapan (R-Saipan) told the media that his committee was told that morning that there is \$28 million available for appropriation.

House Bill 20-103 HS1 passed the House with a 19-0 vote. Rep. Edwin Aldan (R-Saipan) abstained since he is one of the heirs of the Mangabao estate.

According to Demapan, of the \$28 million in funding, \$20.7 million went to land compensation payments, leaving enough to comply with the constitutional mandate of appropriating 25 percent for supplemental appropriations.

"We would do that in subsequent legislation," he said, adding that the appropriation was focused on the land compensation payments. A different appropriation bill would be worked on for the remaining funds.

"At this point, we don't know what will be included [in the future appropriation] yet," he disclosed.

Demapan referred to the land payment measure as a "landmark legislation."

"It's a good day for the Commonwealth. Although we still have outstanding land compensations to take care of, at least taking this step and [removing] \$20 million from our books and the obligation of the government, the government becomes more financially solvent as we move along," he said.

HUMAN

From Page 1

remains were excavated years before the building of the casino, during the time when a Japanese hotel was in the works in the area.

During the project, which was called the Nakamoto Project, the archaeological team of Swift Harper Archaeological Resource Consulting was hired for the archaeological excavation of the project. They were obligated to send the remains to Hawaii for analysis, but the analysis was never conducted because the Nakamoto Project was not completed due to the lack of funding.

According to Hunter, in the

first year he was director of the museum in 2012, he was not aware of the background of the remains and how many of the remains the museum had.

Hunter said that around 2012 or 2013, he received a phone call from SHARC employees asking him if it was possible for the museum to store a couple of human remains in the museum's storage and he complied. Hunter said that when the remains arrived at the museum, it was in about four different containers and all the boxes inside the containers remained unopened.

In 2015, Imperial Pacific decided to take over the area to build its resort casino. A debate soon sprung up whether Imperial Pacific was to inherit the responsibility for the archeological artifacts that were found before their project or not.

Imperial Pacific soon won the debate and they were allowed to hire a new archaeological team to handle the project instead of SHARC. leaving the previous remains unanalyzed. According to Hunter, the remains excavated by Imperial Pacific's archaeological team have long been analyzed and properly re-interred.

Until today, the museum still holds over 200 human remains. The remains have been there for almost 20 years and Hunter believes that is far too long.

Hunter has now taken it into his own hands to find a way to

get the remains analyzed and properly re-interred.

He is currently working on requesting a budget from the Commonwealth government. The funding will give the department the capability to get the remains analyzed and re-interred.

According to Hunter it won't be that easy because it would take thousands of dollars to get the remains analyzed, especially because of the quantity.

Hunter believes that most of the remains are indigenous Chamorro or Carolinians because of how deep they were buried. If it is discovered that some are of Japanese or American heritage, the remains will be returned to their respective origins.



2017 FORD F150 retail price \$34,995.00 less 20% downpayment. Financing at 5.4% APR for 72 monthly payments of \$456.09 or \$210.50 per paycheck based on 26 pay periods per year. Total deferred payment \$32,838.48.
2017 HONDA RIDGELINE retail price \$37,995.00 less 20% downpayment. Financing at 5.4% APR for 72 monthly payments of \$495.19 or \$228.55 per paycheck based on 26 pay periods per year. Total deferred payment \$35,653.68.
2017 NISSAN FRONTIER retail price \$26,995.00 less 20% downpayment. Financing at 5.4% APR for 72 monthly payments of \$351.82 or \$162.33 per paycheck based on 26 pay periods per year. Total deferred payment \$25,323.84.

CONTRIBUTED PHOTO Yoshihito Shibahata, general manager of Pacific Islands Club Saipan, along with PIC management, MINA Tasi Watch rangers and management have their picture taken after PIC agreed to be a major sponsor of the Micronesia Islands Nature Alliance's Green Gala.

MINA Green Gala tickets now on sale

Tickets are now on sale for September's Green Gala, Micronesia Islands Nature Alliance's largest fundraiser of the year.

With proceeds going towards the ongoing work to conserve the diverse natural resources of the region, this year is even more special, as MINA celebrates 12 years of working with communities to sustain the natural environment and ensure the island way of life.

The leading nonprofit conservation organization in the Commonwealth, MINA has successfully implemented various projects, including the Plastic Bag Challenge, Obyan Rehabilitation Project, Managaha Pride Campaign, Schools for Environmental Conservation workshops, Marine Debris Prevention Program, Tasi Watch Program, and Adopt-A-Bin Program, which has placed recycle bins at all the major beaches on the island.

This year's Green Gala features a "Farm to Table" theme, which highlights locally produced vegetables, fruits, and meats, as well as local brew, wine, and spirits at a no-host bar. In addition to a wonderful dinner and a variety of beverages, the Green Gala will feature entertainment by local artists, highlights from MINA's projects, a silent auction, and many other activities that promise a memorable evening.

Last year's Green Gala was sold out, so organizers are encouraging those who plan to attend to buy their tickets early. The gala is slated for Sept. 15 at the Hibiscus Hall, Fiesta Resort & Spa Saipan: doors open at 6pm. Tickets for the Green Gala event are \$75 per person, and can be purchased at the MINA office in Gualo Rai or from any of the volunteer board members. To become a sponsor and/or volunteer, and for more information on the Green Gala, or MINA's various projects, contact 233-REEF (7333). (MINA)







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GREEN GALA SPONSOR

Hyatt's Regency Saipan has agreed to be a major sponsor of the Micronesia Islands Nature Alliance's Green Gala. Photo shows Nick Nishikawa, Hyatt general manager, along with Hyatt management, MINA board member Ron Smith, MINA executive director Roberta Guerrero, MINA Tasi Watch rangers, and management.



The U.S. Navy **INVITES YOU TO PARTICIPATE** in the Mariana Islands **Training and Testing** Supplemental EIS/OEIS Process



The U.S. Navy is preparing a Supplemental Environmental Impact Statement/Overseas Environmental Impact Statement (EIS/OEIS) to assess the potential environmental impacts associated with ongoing military readiness activities conducted within the Mariana Islands Training and Testing (MITT) EIS/OEIS Study Area. The supplement to the 2015 Final EIS/OEIS is being prepared to support ongoing and future activities conducted at sea and on Farallon de Medinilla (FDM) within the Study Area beyond 2020.

Public Involvement Opportunity

The Navy is requesting your comments on the scope of the analysis to be considered during the development of the Draft Supplemental EIS/OEIS. Comments will be accepted online at

www.MITT-EIS.com,

or by mail to:

Naval Facilities Engineering Command Pacific Attention: MITT Supplemental EIS/OEIS Project Manager 258 Makalapa Drive, Suite 100 Pearl Harbor, HI 96860-3134

All comments must be postmarked or received online by Sept. 11, 2017, Chamorro Standard Time (ChST), for consideration in the Draft Supplemental EIS/OEIS.

SAIPAN TRIBUNE MONDAY, JULY 31, 2017 **7**

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79 Heroes in Guam hospitality industry honored

























The Guam Visitors Bureau and Guam Hotel and Restaurant Association announced

Friday the winners of the 2017 HERO Awards at its annual award ceremony at the Hilton Guam Resort and Spa. Out of 79 total nominees,

14 winners were selected from seven different categories: Håfa Adai Spirit, Rookie of the Year, Middle Management, Supervisory, Non-Supervisory, Life Saving and Integrity.

Håfa Adai Spirit winners: Individuals who have contributed significantly to the promotion, awareness and preservation of the Hafa Adai spirit through the Håfa Adai Pledge. The Håfa Adai pledge is demonstrated through excellent hospitality services and activities promoting the Chamorro culture (e.g. music, art displays, performances, teaching and community involvement).

- Leilani Champaco (T Galleria by DFS)
- Jonathan Sian (Pacific Islands Club Guam)

Rookie of the Year: New non-supervisory employees who have demonstrated consistent and excellent performance during the course of the job and have exhibited pride in rendering services. Winners embody an attitude to exceed

opportunity. ■ Xeia Marie Olivario (Dusit Thani Guam Resort)

guest expectations at every

■ James Calma (Leo Palace Resort Guam)

Middle Management winemployees who have demonstrated consistent and excellent performance during the course of the job. Winners have demonstrated productivity in his or her department and have instilled pride in service to those he or she manages.

Middle-management

■ Anthony P. Blas (Hotel Nikko Guam) ■ John Falan (Sheraton La-

guna Guam Resort)

Supervisory winners: Supervisory employees who have demonstrated consistent and excellent performance during the course of the job. Winners have demonstrates productivity in his or her department and have instilled

pride in service to those he or she supervises. ■ Seichy Doone (Hotel

Nikko Guam) ■ Paul Ofalla Jr. (Hilton Guam Resort & Spa)

Non-supervisory winners: Non-supervisory employees who have demonstrated consistent and excellent performance during the course of the job and have exhibited pride

in rendering services. They embody an attitude to exceed guest expectations at every opportunity.

■ Perla Mendiola (Leo Palace Resort Guam)

■ Hope Hiura (Hilton Guam Resort & Spa)

Life Saving winners: Individuals who demonstrated quick thinking and whose actions directly protected and/or saved a life.

- Cyle John Reyes (Leo Palace Resort Guam)
- Nicolas Calvo (Leo Palace Resort Guam)

Integrity winners: Individuals who have demonstrated a high level of integrity in protecting property and/or initiating the return process for lost or stolen property, personal or property at their place of employment.

- 1. Nino Romero (Hilton Guam Resort & Spa)
- 2. Nieves D. Lordios (Hotel Nikko Guam)

HERO stands for Hospitality Employees aRe Outstand-



The Guam Visitors Bureau and Guam Hotel and Restaurant Association present the winners of the 2017 HERO Awards at its annual award at the Hilton Guam Resort and Spa last Friday. CONTRIBUTED PHOTO





PUBLIC HEARING ANNOUNCEMENT

The Department of Community & Cultural Affairs-Low Income Home Energy Assistance Program (LIHEAP) will hold a Public Hearing on

DATE	TIME	ISLAND	VENUE
AUGUST 03, 2017	5:30-6:00 PM	SAIPAN	DYS TANAPAG YOUTH CENTER
AUGUST 10, 2017	5:30-6:30 PM	TINIAN	TINIAN YOUTH CENTER
AUGUST 17, 2017	5:30-6:30 PM	ROTA	ROTA YOUTH CENTER

The purpose of this hearing is to receive comments on the 2018 LIHEAP Model Plan for submission to the U.S. Department of Health and Human Services to implement the Low Income Home Energy Assistance Program for eligible households in the CNMI.

Copies of the LIHEAP Model Plan will be available for public inspection beginning Building #1339 and on the web at dcca.gov.mp. Persons wishing to schedule testimony or receive a copy of the LIHEAP Model Plan should contact DCCA-LIHEAP at 664-2574 or 664-2587.

Public comments are due by Thursday, August 24, 2017. You may submit your comments via fax, mail, email, or drop-off at the LIHEAP Office.

Department of Community & Cultural Affairs Mailing Address:

Low Income Home Energy Assistance Program Caller Box 10007

Saipan, MP 96950

Contact #:

Email Address:

DCCA-LIHEAP 664-2574/2578 • FAX: 664-2570 DCCA Secretary's Office 664-2577/2587/2588

Remedio Pangelinan, LIHEAP Acting Supervisor (rp.dcca@gmail.com) Robert Hunter, DCCA Secretary (roberthhunter@gmail.com)



Commonwealth Utilities Corporation

Office of the Executive Director



INVITATION FOR BIDS **CUC-IFB-17-038**

Electric Power Pole Mitigation Project

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms to perform mitigation of the CUC power distribution system through the replacement of 374 wood poles to concrete poles in Saipan, Commonwealth of the Northern Mariana Islands. The project entails the replacement of 103 units of 35-foot and 271 units of 40-foot wood poles to concrete poles and the assembly of electrical hardware. The work site is to take place across

This project is funded by the Federal Emergency Management Agency (FEMA). The award of this project is contingent upon receipt of the approval for project award from the CUC and FEMA.

CUC requires the Project to be completed in <u>174 calendar days</u> from date of award of contract.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one IFB package set.

A Pre-Bid Conference followed by a Site Visit is scheduled on <u>August 15, 2017 at 10:00 AM (ChST)</u> at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked "CUC-IFB-038, Electric Power Pole Mitigation Project", to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) on August 29, 2017 at which time they will be publicly opened and read aloud. Late submissions and conditional bids will not be considered. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement the form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

A Bid Guarantee of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or hid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A *Payment Bond* of one hundred (100%) percent and a *Performance Bond* of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered Prospective Bidders and must be submitted in writing no later than 10:00 AM (ChST) on August 18, 2017 to Manny B. Sablan, Jr., CUC Purchasing Administrator- via email address manny.sablan@cucgov.org with a copy to Adrian Reyes, CUC Power Jr. Electrical Engineer – via email address adrian.reyes@cucgov.org and Marcela Tenorio, CUC Purchasing Assistant-via email address marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and to waive any defects in said bid documents, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO

MANNY B. SABLAN, JR. Purchasing Administrator SAIPAN TRIBUNE MONDAY, JULY 31, 2017 **9**





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Showroom Hours: Monday to Friday 8am to 5 pm Saturday 8 am to 12pm



10 MONDAY, JULY 31, 2017 SAIPAN TRIBUNE

Opinion



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Jayvee L. Vallejera EDITOR

Mark Rabago ASSOCIATE EDITOR mark_rabago@saipantribune.com

MEMDED

AP The Associated Press

Pacific Islands News Association

EDITORIAL

McCain points way to better process

t is time to move on," said Senate Majority Leader Mitch McConnell.
So it is. With a one-vote margin provided by Sen. John McCain, an institutional warrior girding for his own battle against brain cancer, the Senate voted down the Republicans' latest, and perhaps last, attempt to destroy the Affordable Care Act.

That the "skinny repeal" bill made it to the Senate floor early Friday morning, and came within a single vote of passage, is testament to the reckless cynicism that has defined this perverse quest to relieve tens of millions of Americans of their health insurance.

The bill would have eliminated the individual mandate to buy health insurance and suspended, for eight years, enforcement of the employer mandate requiring companies with 50 or more workers to provide employees with coverage. The effect on insurance markets would have been devastating. The proposal also would have eliminated funds for prevention and public health and made it easier for states to avoid federal requirements on insurance benefits. It took an obligatory swipe at Planned Parenthood, restricting Medicaid beneficiaries from being reimbursed for Planned Parenthood services for a year.

It was hard to find anyone who would defend this bill on the merits; Sen. Lindsey Graham called it "terrible policy" before voting for it. He and 48 other Republicans were simply willing to roll the dice in the hope something less awful emerged in conference negotiations with the House.

What McConnell and House Speaker Paul Ryan must "move on" from, first and foremost, is a reflexive habit of misleading Americans about the complex realities and difficult trade-offs inherent in health-care policy.

When they are ready to make an honest start, Republicans will find there are feasible ideas for solving the real problems with Obamacare. To start, Congress should permanently authorize the cost-sharing payments to insurers meant to keep deductibles low for needy families. It should find alternatives for people living in "bare counties" where all insurers have left the marketplace. And it should shore up the health-care marketplaces by either strengthening the individual mandate that penalizes the uninsured or through another mechanism, such as automatic enrollment.

If nothing else, maybe this sorry episode has taught Congress how not to enact legislation. Neither the House, which passed its own ramshackle repeal bill in May, nor the Senate held a single public hearing on replacing the Affordable Care Act. Experts, patient advocacy groups and professional organizations, who were virtually unanimous in their opposition, were blithely ignored. The goal was clearly not to fix problems with the American health-care system or improve its outcomes, but to solve a political problem stemming from seven years of falsehoods about the law.

In a statement after the vote, McCain emphasized that legitimate outcomes depend on a legitimate process. "We must now return to the correct way of legislating," he said.

It's a prescription Congress should heed.

(c)2017 Bloomberg News



Despite pressure, McCain chose honor

ay back in 2004, when America's wars in Afghanistan and Iraq were still in their infancy, Arizona Sen. John McCain recommended that his Republican colleagues in Washington back away from tax cuts as a sign of national sacrifice for the war efforts.

His words infuriated House Republicans, many of whom saw him as insufficiently patriotic to the GOP cause and some of whom liked to whisper that his ordeal as a prisoner of war in Vietnam wasn't all that bad.

Then-House Speaker Dennis Hastert, a contemporary of Mc-Cain who had managed to avoid Vietnam service because of a sports injury, acted as their voice and said publicly that McCain knew nothing of sacrifice, that "McCain ought to visit our young men and women at Walter Reed and Bethesda"—two military hospitals in the Washington area—so he could see in person what others had sacrificed on the battlefield.

Having spent more than five years being tortured in a Vietnamese prison camp, refusing to be released ahead of his comrades, it can be safely said that McCain needed no reminder of the perils of military service in times of war. Any casual observer can see the marks of torture in McCain's gait and the loss of mobility in his arms.

Now, 13 years after Hastert's offensive abrogation of Ronald Reagan's 11th commandment (never speak ill of a fellow Republican), the House GOP is livid with McCain once again.

His dramatic wee-hours vote to stop a diluted version of the Obamacare repeal bill killed their hopes of delivering on a seven-year-old promise to their constituents—one made so long ago that many of them hadn't yet run for federal office when it became the party's chief political battle cry.

In this moment, House Republicans would be wise to remember how many people have gone up against McCain when he's occupied the moral high ground and how few have come out victorious.

For several hours Thursday, it looked like he might bow to political pressure. Earlier in the day, he and colleagues Lindsey Graham and Ron Johnson had declared that they wouldn't vote for the "skinny" repeal bill without a promise from House Speaker Paul Ryan that the House wouldn't just take up that version and pass it. They wanted an assurance that the senate bill, which Graham called the "dumbest" legislation ever, would just be a starting point for negotiations between the chambers.

It was perhaps the most politically craven position taken in the Senate in dozens of years. These three publicly admitted they would vote for a cruel bill that would boost health insurance premiums by 20 percent in the first year and result in 16 million people losing insurance in service of a process designed to take insurance away from 20 million or 30 million Americans—and rewrite Medicaid to ensure it was less generous to the poor and sick. Graham and Johnson promised their votes as soon as Ryan

By JONATHAN ALLEN CQ-Roll Call

Roll Call columnist Jonathan Allen is a co-author of Shattered: Inside Hillary Clinton's Doomed Campaign and has covered Congress, the White House and elections over the past 16 years.



pledged to keep the more ambitious goal alive.

Not McCain. I can't say for sure why McCain sided with Democrats and just two of his GOP colleagues. On the Senate floor a few days ago, he acknowledged he's sometimes voted one way or the other just to stick it to a political adversary. Perhaps, as he chuckled with Senate Democratic leader Charles Schumer on Thursday night, he cut some sort of practical deal to advance the defense authorization bill that he oversees.

But know this about McCain: There's nothing that drives him more than his sense of honor. And he clearly concluded the more honorable thing was to vote against the highly unpopular repeal plan.

Whether that honor was in service to Americans in need, his defense bill or perhaps the long-term interests of a GOP that had walked to the edge of the plank, the Navy veteran wouldn't let his fellow Republicans jump into the chaotic seas below.

I fully expect he'll be excoriated for weeks and months to come. But McCain has faced down tougher foes than his Republican colleagues—in the political arena and in life-or-death situations.

His willingness—his need—to stand alone on the high ground often makes others lose their senses when they talk about him.

Donald Trump and Wesley Clark criticized him for getting shot down in the first place during the Vietnam War. In 2005, Rep. Sam Johnson, who shared a cell with McCain in Hanoi and nonetheless had endorsed George W. Bush over him in the 2000 presidential primaries, tried to get House Republicans to back a letter opposing McCain's effort to outlaw torture; not a single member signed his or her name. No one else had the standing to take on the war hero.

That word "hero" gets thrown around a lot. McCain doesn't use it about himself. And votes in the clubby confines of the Senate simply don't amount to heroism.

But in the face of tremendous political pressure from the party he represented in the 2008 presidential campaign, McCain did the right thing. Whatever his reasons, he stands as a champion for millions of Americans who would have been harmed by the Senate bill and millions more who would suffer at the hands of any House-Senate compromise.

Those who find it impossible to hold back their hostility are charging at a guy who knows how to find and hold the high ground.

EDITORIAL POLICYLetters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immedi-

ately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The Saipan Tribune reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Fighting against the pull of history

n 10 years—from fiscal years 2001 to 2010—the CNMI tion was passed, the government continued to operate under the government managed to pass only two budget acts; most of the time, it went into continuing resolution, a constitutional escape clause that allowed the government to continue operating based on the last enacted budget act.

That's not very good batting averages, especially when looking at the possible fate of the new budget bill that the House Ways and Means Committee just came out with last week.

The committee's chairman, Rep. Angel Demapan (R-Saipan), is, according to the Saipan Tribune Capital Hill reporter, optimistic about the bill's fate.

With 62 days left before the fiscal year ends on Sept. 30, 2017 (a little over two months on the calendar), the chairman reportedly believes the Legislature has enough time to act on the \$145.2-million spending plan, come up with a version that's acceptable to both legislative chambers, and have it on the desk of Gov. Ralph DLG Torres, who is then given a constitutionally mandated 20 days to review the draft plan.

It would absolutely be grand if that comes to pass, but the Legislature is working against historical precedence—the CNMI Legislature has not been very good with the budget deadline, to put it mildly. Close calls with the fiscal year deadline were a repeated thing in the 2000s, as the Legislature and governor failed to pass a budget by the Sept. 30 deadline for fiscal years 2000, 2001, 2002, 2004, 2005, and 2006.

But Demapan does have the odds on his side. From 2001 to 2010, the CNMI government enacted an average of one budget every four years—usually at the beginning of a governor's term. This being Gov. Ralph DLG Torres' first term since being elected to office, maybe Demapan is on to something.

It must be noted, though, that in the years that no appropria-

last enacted budget. With the government's dwindling resources, the "continuing resolution" practice has proven problematic. Because the previous fiscal year's revenue collection is almost always higher than that of the current fiscal year, deficits have accumulated.

The 16th Legislature amended the NMI Constitution to prohibit the withdrawal of funds from the general fund without an appropriation by law. That effectively removed the ability of the government to go into continuing resolution. It allowed for the shutdown of government offices except for essential health, safety, and welfare services.

The first government shutdown rocked the CNMI during Gov. Benigno R. Fitial's time in 2010. Some 1,464 non-essential employees did not get paid when the government shutdown was in effect. With about 4,000 employees at that time, including federally funded positions, the government only paid for its most essential services. Those who didn't get paid included the governor, legislators, and employees deemed non-critical or non-essential. They continued to be unpaid until the Legislature passed a budget bill and it was enacted into law. Employees who were forced to stop working weren't paid for the days they didn't report for work.

Most of the time, what stymies a budget is disagreement between the Senate and House of Representatives on how to divvy up the funds. Despite the millions of dollars being bandied about, the CNMI government does not have a bottomless pocket and has to live within its means; hence the need for a budget plan. That's where the tug-of-war between the Senate and House has slowed the passage of the bill to a crawl. The House must approve any changes the Senate will make on the bill. Similarly,

By JAYVEE VALLEJERA

Managing Editor

Jayvee Vallejera is the managing editor of Saipan Tribune.



the Senate has to adopt any changes the House makes on the measure. That could get the bill stuck in the legislative chambers, jumping from chamber to chamber in a virtual ping-pong that gets everyone nowhere.

That's where the bicameral conference committee comes in, when leaders of both Senate and House will separately appoint members to the committee, who will then be given a set time to hammer out a budget version that's acceptable to both.

The Torres administration submitted last April 1 a budget proposal of \$145 million, narrowly beating its constitutional mandate to submit a budget to the Legislature by April 1. Since then, the House Ways and Means Committee has been calling in the different departments and agencies into budget hearings that were supposed to give the committee a broad idea of the government's priorities. Last week, it finalized a budget measure that will be the centerpiece of the Legislature's next sessions and play a central role in what will surely be an interesting fight on Capital Hill. Oh, I do hope they get to finally pass a budget and prove this cynic wrong but history is against our current crop of lawmakers and we will probably revisit this issue before the end of September.

Deaths in Texas force us to confront broken immigration system

henever I write about immigration, I prepare to please absolutely no one, least of all myself. My personal curse is that I am a conservative who understands the feelings of people who are fed up with the broken immigration system and who do not want to see our borders become irrelevant. This has always been a keystone of the conservative platform: sovereignty, order, states rights. I get it.

But I am an immigration lawyer, as you know, if you've ever read anything I've written, and I also understand the feelings of immigrants who have paid in blood, sweat, tears and sometimes even actual currency to become legal in this country. Many of them have already contributed mightily to this society, albeit through back channels and from the depths of restaurant kitchens, sweltering construction sites or dingy offices.

So I see both sides, and I try to be fair when I look at the competing interests of pro- and anti-immigration constituencies. I also don't like the people who separate out the "legal" from the "illegal," because it's a bit too simplistic to tell someone to get in line and do it the right way when there are no lines. The person here illegally today will, under our current system, likely have to wait over a decade before becoming the legal resident of tomorrow.

And the conservatives really don't care about that, just as the progressive immigration advocates think anyone who has a problem with loosening the restrictions on our laws and regulations (and de facto quotas) is a bigot.

So as I was saying, it's a recipe for disaster and really spicy comments at the end of the column when I choose to write about immigration.

But I couldn't avoid the topic this week. The deaths of 12 people in Texas, victims of a botched human trafficking expedition, force me to confront the screwed-up way we deal with foreigners who want to come to this country and live, work and flourish. Anyone who thinks that men and women will cram themselves into an airless truck, along with their babies, for hundreds of sweltering miles, only to end up dead or dying because they want to bring mayhem to this country should probably stop reading now. You're on an entirely different, cruel wavelength. Go read the comics section.

Those people came here the way that they did because there were few other options. There are no laws that allow people who are starving or fleeing persecution from the other side of the border to come here freely, honestly and with dignity. You have to take your chances, and, believe me, if your child is starving or your brother was just killed by gang members from Mara Salvatrucha, you don't care about dignity. You just come.

We need to fix our system, so that the tragedies that occurred last week don't repeat themselves. Unfortunately, instead of fixing the problem, our legislators put their heads in the sand and our executive decides to go after the low-hanging fruit.



James Matthew Bradley, Jr., 60, walks out of the John H. Wood, Jr. Federal Courthouse Monday, July 24, 2017 in San Antonio, Texas. Bradley is accused of allegedly being the driver of an 18-wheeler tractor trailer rig that was found in a San Antonio Walmart parking lot Sunday where 39 immigrants were trapped in stifling heat inside of the rig's trailer. JOHN DAVENPORT/SAN ANTONIO EXPRESS-NEWS

By CHRISTINE FLOWERS

Philadelphia Daily News

Christine Flowers is a columnist for the Philadelphia Daily News. Readers may email her at cflowers1961@gmail.com.



Worse, we have people who think these people who came in illegally deserve what happened to them. I call it the "Elian's Mama" syndrome. You remember her, don't you? She was the mother of that little Cuban boy who risked her life so he could have a better life. At the time, even in the wake of her death by drowning, people blamed her for putting that child in danger. I was at the beginning of my immigration career, almost 20 years ago, and all I could think was, "How desperate must you be to put your child on a raft and send him into dark waters with the slim chance of survival?"

It's the same thing that motivated those poor people to undertake a journey that ended in death in a Walmart parking lot. Blaming them bespeaks a horrific lack of humanity.

But we do it anyway. We do it when we call them illegals; we do it when we point the finger at them instead of at a system that doesn't allow for a more humane process to vet them at the border; we do it when we don't hold our legislators accountable for closing their eyes to the war at the border or, worse, for providing facile slogans about walls.

We can't have open borders. And we need to tighten our policies to make sure the drug runners and human traffickers keep their poison out of our country. And, no, we shouldn't make policy based on tragedies such as this one.

But instead of worrying about stupid tweets from President Trump and trying to figure out which thin-skinned journalist he's offended this week, instead of jockeying for moral superiority (Democrats) and pie-in-the-sky repeals of laws you'll never erase (GOP) we should demand that our legislators do their job and fix the immigration system.

Now, dammit. We can't afford more bodies in parking lots.

12 MONDAY, JULY 31, 2017 SAIPAN TRIBUNE

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN



▲89° ▼79°



Partly cloudy, Isolated winds 10 to 15 mph.

▲ 88° **▼**78°



Partly cloudy with

▼78°

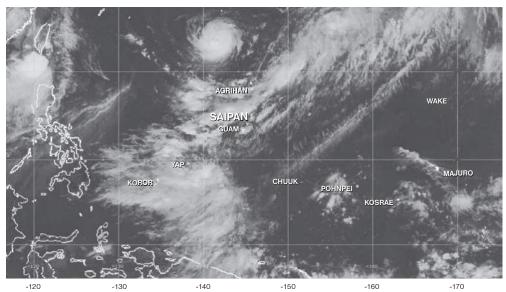
▲ 88°

Partly cloudy with

▲ 88° **₹78°**

YESTERDAY'S SATELLITE IMAGE

▲ 88° ▼78°



PICTURE TIME: 7:42 AM, SUNDAY, JULY 30, 2017

Western North Pacific between equator and 25N from 130E to 180.

Scattered showers developed across Tinian and Saipan just before night. These showers pushed southward and covered Guam and Rota after midnight. Kept scattered showers across the local area until noontime. A few thunderstorms were close to the area so kept a mention of thunderstorms in the forecast. Model show periods of clouds and showers through the week. There could be brief periods of scattered showers but timing is not certain so left coverage as isolated. Extended the isolated thunderstorms though Monday night's time height profile shows enhanced Omega through that time. It is possible that mostly cloudy conditions could extend past Monday night, but a few models hint at some brief drying Tuesday. With uncertainty high left skies partly cloudy through the remainder of the forecast.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESI	A	▲ ♥°F
Guam and Rota	Thunderstorms	87° / 80°
Palau	Thunderstorms	84° / 78°
Yap	Thunderstorms	86° / 79°
Chuuk	Partly Cloudy	87° / 80°
Pohnpei	Showers	86° / 78°
Kosrae	Showers	86° / 78°
Majuro	Thunderstorms	85° / 80°

		/
AROUND TH	E GLOBE	▲ ▼°F
Auckland	Partly Cloudy	61° / 50°
Beijing	Partly Cloudy	88° / 73°
Hong Kong	Thunderstorms	90° / 82°
Honolulu	Partly Cloudy	86° / 75°
London	Partly Cloudy	70° / 55°
Los Angeles	Mostly Sunny	82° / 68°
Manila	Thunderstorms	88° / 81°
Melbourne	Partly Cloudy	55° / 36°
Miami	Thunderstorms	88° / 80°
New York	Mostly Sunny	83° / 68°
Osaka	Partly Cloudy	91° / 77°
Paris	Partly Cloudy	75° / 59°
Busan	Showers	82° / 75°
Rome	Sunny	93° / 73°
Salem	Mostly Sunny	87° / 69°
San Francisco	Sunny	68° / 55°
Seoul	Partly Cloudy	90° / 73°
Tokyo	Rain	84° / 73°
Washington, DC	Sunny	87° / 68°



Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone ■*11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIPA	AN HARBOR TO	DAY FEET
1:13 AM	HIGH TIDE	1.80
8:23 AM	LOW TIDE	0.46
2:34 PM	HIGH TIDE	1.35
7:51 PM	LOW TIDE	0.90

DAY	SUNRISE	SUNSET
Today	5:59 AM	6:47 PM
Tuesday	5:59 AM	6:47 PM
Wednesday	5:59 AM	6:46 PM
Thursday	5:59 AM	6:46 PM
Friday	6:00 AM	6:45 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	12:43 PM	-	-
Tuesday	-	12:38 AM	1:32 PM
Wednesday	-	1:20 AM	2:20 PM
Thursday	-	2:03 AM	3:09 PM
Friday	-	2:49 AM	3:58 PM

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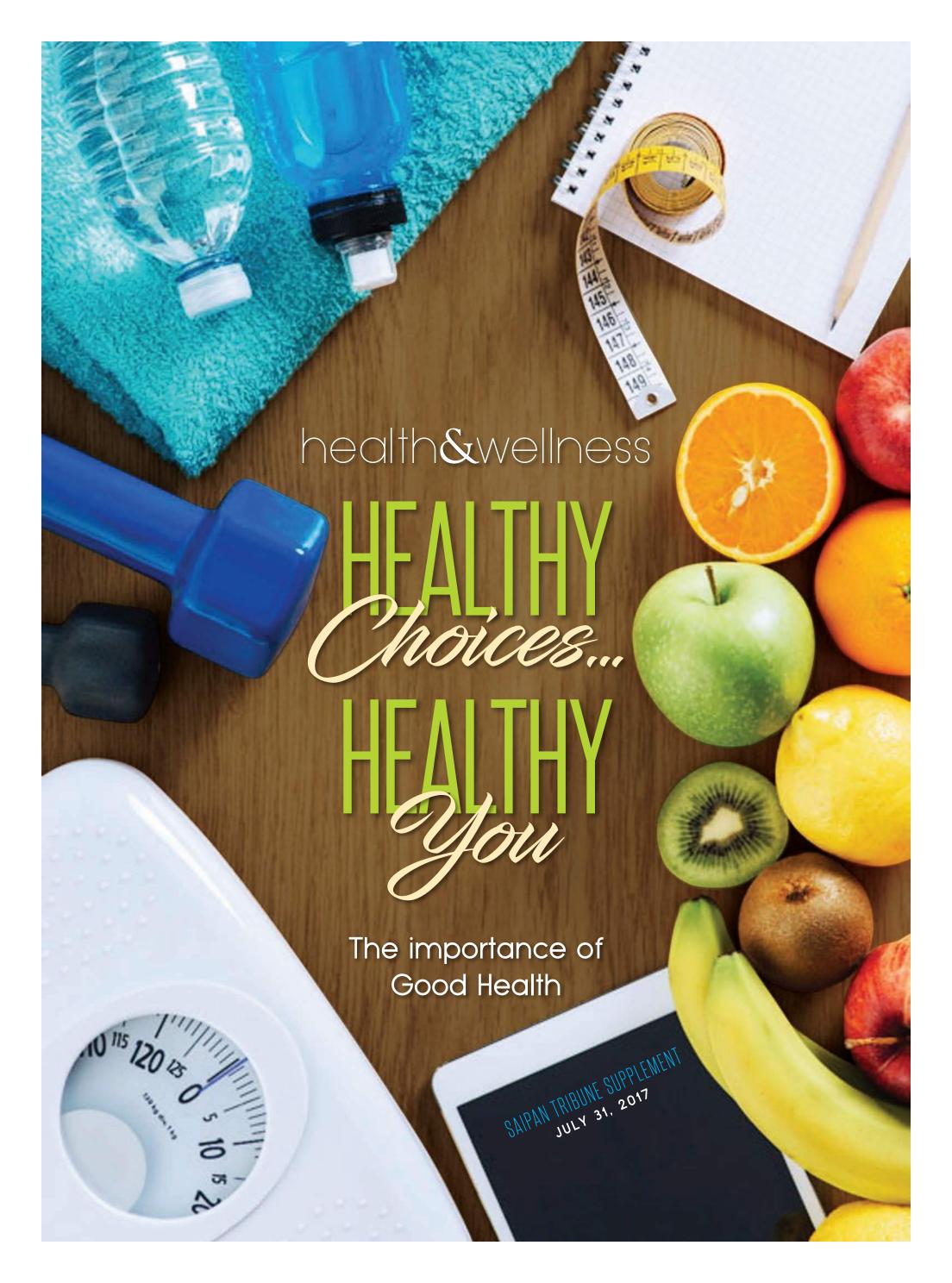
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UA6391		3:10pm	1, 4, 5, 7 via Rota	UA6391	12:10pm		1, 4, 5, 7
UA6390		3:10pm	2, 3, 6	UA6390	12:10pm		2, 3, 6 via Rota
UA6398		6:55pm	Daily	UA6397		5:35pm	Daily
UA6396	9:50pm	10:40pm	Daily	UA6399	8:30pm	9:20pm	Daily
SAIPAN-RO	OTA (RC)P)		GUAM (GL	JM)-ROT	A (ROP)	
UA6391	1:30pm	2:05pm	1, 4, 5, 7	UA6390	12:10pm	12:45pm	2, 3, 6
ROTA (ROF	P)-GUAI	M (GUM)		ROTA (RO	P)-SAIP	AN	
UA6391	2:35pm	3:10pm	1, 4, 5, 7	UA6390	1:15pm	1:50pm	2, 3, 6
SAIPAN-SE	OUL (I	CN)		SEOUL (IC	N)-SAIP	AN	
TW308	1:35am	5:20am	2, 3, 4	7C3402	9:30am	3:00pm	Daily
0Z626	2:20am	6:00am	1	ZE581	10:10am		Daily
TW308	2:35am	6:20am	6, 7	TW307	7:05pm	12:35am+1	1, 2, 3
0Z626		6:30am	2, 3, 4, 5, 6, 7	0Z625		1:10am+1	7
7C3403		8:30am	Daily	TW307		1:35am+1	5, 6
LJ652		8:35am	Daily	0Z625		1:45am+1	1, 2, 3, 4, 5, 6
7C3401		7:45pm	Daily	7C3404		3:40am+1	Daily
ZE582		8:35pm	Daily	Ц 651		3:30am+1	Daily
SAIPAN-BL	JSAN (F	PUS)		BUSAN (P			
7C3451		6:10am	1, 7	7C3452		2:10am+1	4
0Z608		6:20am	4, 7	0Z607		1:55am+1	3, 6
7C3451		7:05am	4, 5	7C3452	-	2:10am+1	3, 6, 7
SAIPAN-SH	IANGH/	AI (PVG)		SHANGHA	II (PVG)-	SAIPAN	
3U8648	5:20am	8:00am	1, 4, 5, 7	3U8647	-	4:30am+1	
SAIPAN-GL	JANGZI	HOU (CAI	N)	GUANGZH	IOU (CA	N)-SAIPAI	N
3U8646	4:20am	7:30am	2, 6	3U8645	7:40pm	3:00am+1	1, 5
SAIPAN-HA	ANGZHO	OU (HGH)		HANGZHO	U (HGH)-SAIPAN	
JD396	7:00am	10:25am	1	JD395		3:30pm	4
JD396	4:50pm	8:15pm	4	JD395	10:05pm	5:30am+1	7
SAIPAN-BE	EIJING (PEK)		BEIJING (F	PEK)-SA	IPAN	
MU764	1:30am	6:35am	1, 3, 5, 7	MU763	4:25pm	12:30am+1	2, 4, 6, 7
SAIPAN-NA	ARITA (N	NRT)		NARITA (N			
DL297		7:00pm	Daily	DL298	10:20am		Daily
SAIPAN-MA	ANILA (I	MNL)	·	MANILA (N	/INL)-SA	IPAN	
0Z626/701	•	11:05am	1 via ICN	UA190/6397		5:35pm	2, 3, 6, 7 via GUM
0Z626/701	2:50am	11:05am	2, 3, 4, 5, 6, 7 via ICN	0Z702/625	12:15pm	1:10am+1	7 via ICN
UA6394/191		8:55am	2, 3, 6, 7 via GUM	0Z702/625	12:15pm	1:45am+1	1, 2, 3, 4, 5, 6 via ICN
UA6394/PR111		9:00am	1, 2, 4, 6via GUM	PR1571		3:40am+1	3, 7
UA6394/PR111	4:15am		3, 5, 7 via GUM	UA192/6395		8:05am+1	2, 5 via ROR-GUM
PR1572	4:40am	6:45am	1, 4	UA184/6395	10:25pm	8:05am+1	1, 3, 4, 6, 7 via GUM
UA6391/183		8:50pm	5 via Rota-GUM	PR110/UA6395	10:55pm	8:05am+1	Daily via GUM
UA6391/183	1:30pm		1, 4, 7 via Rota-GUM	UA184/6395	11:30pm	8:05am+1	2, 5 via GUM
UA6391/193	1:30pm	10:40pm	5 via Rota-GUM-ROR				
UA6390/183		8:50pm	2 via GUM				
UA6390/183	2:20pm	9:10pm	3, 6 via GUM				
UA6390/193	2:20pm	10:40pm	2 via GUM-ROR	HONO KO		O) CAIDAN	
SAIPAN-HO			•	HONG KO	•	•	
HX077		5:00am	1, 4	0Z722/625		1:10am+1	7 via ICN
0Z626/721		11:40am	1 via ICN	0Z722/625		1:45am+1	1, 2, 3, 4, 5, 6 via ICN
0Z626/721	2:50am		2, 3, 4, 5, 6, 7 via ICN	U042		12:05am+1	
UO43 UA6391/159	4:40am 1:30pm		1, 2, 3, 4, 5, 7 1, 5 via Rota-GUM	HX076 U042		12:30am+1 1:10am+1	3, <i>1</i> 1
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GUAM (GU	M)-SAIF	PAN	
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UA6395	7:15am	8:05am	Daily
UA6391	12:10pm	1:00pm	1, 4, 5, 7
UA6390	12:10pm	1:50pm	2, 3, 6 via Rota
UA6397	4:45pm	5:35pm	Daily
UA6399	8:30pm	9:20pm	Daily
GUAM (GU		_ `	
UA6390	12:10pm	12:45pm	2, 3, 6
ROTA (ROI	P)-SAIP	AN	
UA6390	1:15pm	1:50pm	2, 3, 6
SEOUL (IC	N)-SAIP	AN	
7C3402	9:30am	3:00pm	Daily
ZE581	10:10am	3:55pm	Daily
TW307	7:05pm	12:35am+1	1, 2, 3
0Z625	7:40pm	1:10am+1	7
TW307 0Z625	8:05pm 8:15pm	1:35am+1 1:45am+1	5, 6 1, 2, 3, 4, 5, 6
7C3404	10:10pm	1:45am+1	1, 2, 3, 4, 5, 6 Daily
765404 Ц651	10:10pm	3:30am+1	Daily
BUSAN (PI	'		July 1
7C3452	9:00pm	2:10am+1	4
0Z607	9:05pm	1:55am+1	3, 6
7C3452	9:05pm	2:10am+1	3, 6, 7
SHANGHA		SAIPAN	
3U8647	10:20pm	4:30am+1	3, 4, 6, 7
GUANGZH		N)-SAIPAI	
3U8645	7:40pm	3:00am+1	1, 5
HANGZHO	'		2, 0
JD395	8:10am	3:30pm	4
JD335 JD395	10:05pm	5:30pm 5:30am+1	7
BEIJING (F			
MU763	4:25pm	12:30am+1	2, 4, 6, 7
NARITA (N			_, ,, ,, ,
DL298	10:20am	2:50pm	Daily
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UA190/6397	0.55	F 0F	2 2 6 7 via CIIM
0Z702/625	9:55am 12:15pm	5:35pm 1:10am+1	2, 3, 6, 7 via GUM 7 via ICN
0Z702/625	12:15pm	1:45am+1	1, 2, 3, 4, 5, 6 via ICN
PR1571	9:20pm	3:40am+1	3, 7
UA192/6395	9:45pm	8:05am+1	2, 5 via ROR-GUM
UA184/6395	10:25pm		1, 3, 4, 6, 7 via GUM
PR110/UA6395	10:55pm	8:05am+1	Daily via GUM
UA184/6395	11:30pm	8:05am+1	2, 5 via GUM
HONG KO	NG (HKC	3)-SAIPAN	
0Z722/625	1:10pm	1:10am+1	7 via ICN
07722/625	1.10pm		1 2 2 4 5 6 via ICN

50pm	3, 6 via GUM	U042	6:10pm	1:00am+1	3
		U042	6:10pm	1:10am+1	4
		U042	6:40pm	2:00am+1	7
		UA116/6395	10:45pm	8:05am+1	1, 3, 5, 6 via GUM
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r, DL Del	ta Airlines, JD Beijing Ca	apital, UO HK Ex	xpress, HX	HongKong A	Airlines, LJ Jin Air, MU
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LEGEND: Days: Monday (1) Sichuan Airlines. 7C Jeiu Air China Eastern, OZ Asiana Air of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

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SAIPAN T	O ROTA			1204 1205	10:00AM 11:00AM	10:15AM 11:15AM	Daily Daily
FLIGHT#	DEPARTURE	ARRIVAL	FREQUENCY	1206	12:00PM	12:15PM	Daily
1301	7:30AM	8:00AM	Daily	1207	1:00PM	1:15PM	Daily
1302	11:30AM	12:00PM	Daily	1208	2:00PM	2:15PM	Daily
1303	4:00PM	4:30PM	Daily	1209	3:00PM	3:15PM	Daily
ROTA TO	SAIPAN			1210	4:00PM	4:15PM	Daily
FLIGHT#	DEPARTURE	ARRIVAL	FREQUENCY	1211	5:00PM	5:15PM	Daily
3101	8:15AM	8:45AM	Daily	1212	6:00PM	6:15PM	Daily
3102	1:45PM	2:15PM	Daily	TINIAN TO	O SAIPAN		
3103	4:45PM	5:15PM	Daily	FLIGHT#	DEPARTURE	ARRIVAL	FREQUENCY
ROTA TO	GUAM			2102	7:30AM	7:45AM	Daily
FLIGHT#	DEPARTURE	ARRIVAL	FREQUENCY	2103	8:30AM	8:45AM	Daily
3401	12:15PM	12:45PM	Daily	2104	9:30AM	9:45AM	Daily
GUAM TO				2105	10:30AM	10:45AM	Daily
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SAIPAN T	O TINIAN			2110	3:30PM	3:45PM	Daily
FLIGHT#	DEPARTURE	ARRIVAL	FREQUENCY	2111	4:30PM	4:45PM	Daily
1201	7:00AM	7:15AM	Daily	2112	5:30PM	5:45PM	Daily
1202	8:00AM	8:15AM	Daily	2113	6:30PM	6:45PM	Daily
1203	9:00AM	9:15AM	Daily				J



6 tips to keep you motivated for exercise

xercise is good for your health. You probably have heard that before. But finding the motivation to start or maintain an exercise program can be challenging. Mayo Clinic's Dr. Michael Joyner has six tips to help keep you moving.

Sometimes, it's hard to get off the couch and exercise.

"The important thing is to do something. And to also not permit what you cannot do—or what you're afraid of doing—to interfere with what you can do," Joyner says.

No.1: Again, start with what you can do.

"Whether it's walking, riding a bike, aerobic exercise in the pool."

No. 2: Don't think you have to run a marathon or be an elite athlete.

When it comes to exercise. start with what you can do. Dona t think you have to run a marathon or be an elite athlete.



"People start to see benefits in terms of their health with as little as 10 to 15 minutes a day."

No. 3: Build exercise into your day. Take the stairs or park in the back of the parking lot. No. 4: Schedule exercise into your day as if it were an appointment. No. 5: Get a workout buddy. And No. 6,

"... Don't set unrealistic goals and get into a cycle of, 'I'm not meeting my goals. I'm a failure; therefore, I'll stop."

And remember, anytime you exercise at any level, you're doing something good for your health. (Mayo Clinic News Network)

Vegetable or fruit, tomatoes are healthy

By BARBARA QUINN

THE MONTEREY COUNTY HERALD

What is the **COMMUNITY READINESS SURVEY (CRS)?**

The Community Readiness Survey is an Evidence-Based Program* that was designed to assess the degree to which the community is willing and prepared to take action on substance use in the CNMI. The survey focused on four topics: Underage Drinking; Marijuana Use Among Youths (11-18 yrs); Prescription Drugs Misuse

*https://www.samhsa.govicapt/tools-learning-resources/stages-community-readiness

CRS RESULT!

SAIPAN

- 1. Underage Drinking 4 Preplanning
- 2. Marijuana (11-18) 4 Preplanning
- 3. Prescription Drug Misuse (12-25) 1 No Awareness

(12-25 yrs); and Methamphetamine (ICE).

4. Methamphetamine - 4 Preplanning

TINIAN

- 1. Underage Drinking 3 Vague Awareness
- 2. Marijuana (11-18) 4 Preplanning
- **3.** Prescription Drug Misuse (12-25) **1 No Awareness**
- 4. Methamphetamine 4 Preplanning

ROTA

- 1. Underage Drinking 3 Vague Awareness
- 2. Marijuana (11-18) 3 Vague Awareness
- 3. Prescription Drug Misuse (12-25) 2 Denial/Resistance
- 4. Methamphetamine 2 Denial/Resistance

STAGES OF COMMUNITY **STAGE 9** READINESS **High Level** of Community Ownership STAGE 8 **Confirmation/ Expansion STAGE 7** Stabilization STAGE 6 Initiation STAGE 5 **Preparation** STAGE 4 Preplanning STAGE 3 **Vague Awareness** STAGE 2 Denial/ Resistance **STAGE 1 No Awareness**

On behalf of the CHCC: Community Guidance Center-Prevention Services Unit, we would like to extend our utmost appreciation to the individuals who participated in this survey.

Un' Dankulu na Si Yu'us Ma'ase yan Ghilisoow.

For more information please call Community Guidance Center - Substance Abuse Prevention Services Unit.



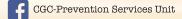
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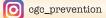


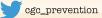
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This advertisement is made possible by the Substance Abuse and Mental Health Services Administration with CHCC: Community Guidance Center - Substance Abuse Prevention Services Unit.









In these glorious tomato growing months from June to September, the best tasting tomatoes are those grown close to home. Some of the best tomatoes to grace my taste buds were "volunteers" that popped up in a pile of dirt behind my house a few years back. They were apparently the hardy relatives of a garden that was no more.

Before the 19th century, Europeans referred to tomatoes as "poisonous apples," according to an informative article on this topic in a recent issue of Food and Nutrition. Diners in those days mistakenly blamed tomatoes for what actually was lead poisoning—caused when the mild acid in tomatoes leached lead from the pottery dishes from which they ate their meals.

Now we know that tomatoes are rich in health promoting properties. They in fact play a big role in the recommended eating pattern we know as the Mediterranean diet.

And here's a trivia question: Are tomatoes a vegetable or a fruit? Both are correct. By botanical definition, tomatoes are fruits—the seed bearing parts of flowering plants. Since 1893 however, tomatoes have been designated as vegetables by the U.S. government.

And nutritionally, tomatoes are indeed closer to vegetables than to fruit. They are low in calories (one cup of regular or cherry tomatoes has about 30 calories) and high in nutrients including potassium (important for blood pressure control) and vitamins A and C. Tomatoes are also rich in carotenoids natural antioxidant substances such as beta-carotene, lutein and lycopene.

Lycopene is the pigment that give tomatoes their rich red color. And researchers have found many benefits from eating this compound. At the cellular level, lycopene appears to protect our body



If you eat tomatoes with a source of fat such as olive oil or avocado, you'll absorb more fatsoluble lycopene.

DREAMSTIME/THS

cells from the stresses of everyday living. Researchers are especially interested in the protective effects of lycopene and other carotenoids on the prevention of cancer and other chronic diseases.

Raw or cooked? Both are great, say nutrition experts. Either way, if you eat tomatoes with a source of fat such as olive oil or avocado, you'll absorb more of the fat-soluble lycopene. And believe it not, lycopene from cooked or canned tomatoes is more available for absorption in our bodies.

Best way to maintain tomatoes' fresh flavor? Store them at room temperature. Cold (less than 55 degrees F.) kills the flavor, say tomato experts. And here's something I didn't know. According to the Florida Tomato Committee (www.floridatomatoe.org), we should "always store your tomatoes stem end up. Leaving a tomato on its shoulders, even for a few days, is enough to bruise it."

Of course the best part of tomatoes is eating them. Find some great recipes at Tomato Wellness (www.tomatowellness.com) and the California Tomato Growers Association (www.ctga.org). Better yet, pick one from your garden and pop it in your mouth.

Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of Quinn-Essential Nutrition (Westbow Press, 2015). Email her at to barbara@quinnessentialnutrition.com.





FEAR THE DISEASE NOT THE VACCINE:

Recently there have been multiple outbreaks attributed to non-compliance and vaccine hesitancy, such as the Disneyland measles outbreak in California in 2015 that infected 121 people in 17 states. Diseases can attack us and our children anytime and anywhere in the world - even at Disneyland, the "happiest place on earth".

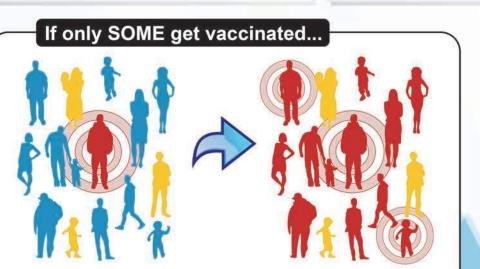


The World Health Organization (W.H.O.) estimates that 1.5 million children die each year from diseases that could have been prevented with vaccines. That's 1.5 million kids that can be saved with one little sting from a needle

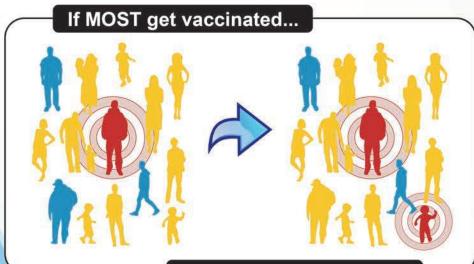


VACCINES DON'T JUST PROTECT YOUR SELF:

Most vaccine-preventable diseases are spread from person to person. If one person in a community gets an infectious disease, he/she can spread it to others who are not immune. But a person who is immune to a disease because she has been vaccinated can't get that disease and can't spread it to others. The more people who are vaccinated, the fewer opportunities a disease has to spread.



...the virus spreads.

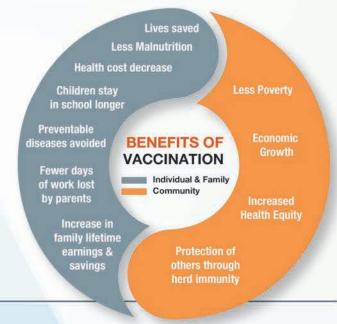


...spreading is contained.

When children are not vaccinated, they are at increased risk and can acquire diseases from others in their schools or their community—including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer or other health conditions.

VACCINES NOT ONLY SAVE LIVES - THEY SAVE MONEY TOO!

A recent study by researchers at the Johns Hopkins Bloomberg School of Public Health indicates that for every dollar invested in vaccines there is up to a \$44 return on investment by eliminating treatment costs, loss of productivity at work, and reducing death and disability associated with vaccine preventable diseases









Contact the Immunization Program at the Division of Public Health:

Saipan: 236-8745 | Tinian: 433-9233 | Rota: 532-9457

Other Tel. Nos.: 236-8745/8780/81/83

For more information, visit www.cdc.gov/vaccines

GOING SMOKEFREE **MATTERS BARS AND RESTAURANTS**

Every worker deserves to breathe smokefree air. Bar and restaurant workers are more likely to be exposed to secondhand smoke in their jobsite compared to other segments of the U.S.

The Surgeon General concluded:

- There is no risk-free level of secondhand smoke
- Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposure of nonsmokers to secondhand smoke
- Heating, air conditioning and ventilation sys tems alone cannot eliminate exposure to secondhand
- 100% smokefree workplace policies are the only effective way to eliminate secondhand smoke exposure in the workplace

Did You Know?



Secondhand smoke has 7,000 chemicals, including 70 that cause cancer



Since 1964, 2.5 million nonsmokers in the US died from oroblems caused by secondhand smoke exposure



Secondhand smoke exposure in nonsmokers increases the risk of stroke 20% to 30%

Secondhand smoke can cause:







Lung Cancer



Respiratory disease



Adverse effects on the health of infants

Exposure to secondhand smoke causes an estimated 41,000 deaths from lung cancer and heart disease among adults each year in the United States.³

Smoke-free Policies:



- **Improve** Air Quality
- **Improve** Health
- Receive Public Support
- Reduce Secondhand Smoke Exposure
- **Reduce** Smoking
- Reducein High Levels of Compliance

National Institute for Occupational Safety and Health (NIOSH)

NIOSH recommends establishing smokefree areas that protect from secondhand smoke and electronic cigarette emissions including:4



All indoor areas without exceptions



All areas immediately outside building entrances and air intakes



All work vehicles













For more information on the CNMI Smoke Free Law, please contact 236-7819 or heejlee@hawaii.edu.

"This ad was brought to you by the Commonwealth Healthcare Corporation Tobacco Prevention and Control Program under the Division of Public Health Non Communicable Disease Bureau through 100% federal funding provided by the Centers for Disease Control and Prevention (CDC)

FDA to target addictive levels of nicotine

By CARLA K. JOHNSON

AP MEDICAL WRITER

For the first time, the federal government is proposing cutting the nicotine level in cigarettes so they aren't so addictive.

U.S. Food and Drug Administration chief Scott Gottlieb on Friday directed the agency's staff to develop new regulations on nicotine. The FDA has had the power since 2009 to regulate nicotine levels but hasn't done so. Stocks of cigarette makers plunged after the announcement.

As part of the new strategy, the FDA is giving e-cigarette makers four more years to comply with a review of products already on the market, Gottlieb said. The agency intends to write rules that balance safety with e-cigarettes' role in helping smokers quit, he said.

"A renewed focus on nicotine can help us to achieve a world where cigarettes no longer addict future generations of our kids," Gottlieb said in a speech to staff in Silver Spring, Maryland.

Tar and other substances inhaled through smoking make cigarettes deadly, but the nicotine in tobacco is what makes them addictive.

Tobacco use is the leading cause of preventable heart disease, cancer and death in the United States, causing more than 480,000 deaths annually. Smoking rates, though, have been falling for decades and are at about 15 percent.

Gottlieb said he has asked the FDA's Center for Tobacco Products to explore whether lowering nicotine could create a black market for higher nicotine products and what role e-cigarettes and other products play in reducing harm from smoking. Batterypowered e-cigarettes turn liquid nicotine into an inhalable vapor. He also wants new rules to address flavored tobacco products and kids.

The FDA announcement is great news, said Eric Donny, a University of Pittsburgh researcher who has studied what happens when smokers puff on cigarettes with lower levels of nicotine. Donny and other researchers found that reducing nicotine substantially—by around 90 percent—leads to smokers being less dependent on cigarettes and smoking fewer of them.

There have been concerns that smokers might react to lower nicotine levels by smoking more. But the research shows that's not what happens—not if enough nicotine is taken out, Donny said.

"Most of the harm associated with smoking is related not to the nicotine but everything else in the smoke. Reducing nicotine doesn't make a cigarette safe, it just makes it less addictive," said Donny, director of Pitt's Center for the Evaluation of Nicotine in Cigarettes.

There's additional research underway to see how often people who smoke lower-nicotine cigarettes switch to ecigarettes or other, less harmful tobacco products, he said.

Kenneth Warner, a retired University of Michigan public health professor who is a leading authority on smoking and health, said he was pleasantly surprised to learn of the FDA announcement.

"If you can separate the nicotine people are craving from the smoke that's killing them, then you may be doing something very important," Warner said.

Campaign for Tobacco-Free Kids president Matthew Myers praised the overall approach as "a bold and comprehensive vision" but called the e-cigarettes delay "a serious error."







Zika Virus can cause microcephaly in unborn babies, causing abnormally small heads and brains



While you are pregnant, delay or avoid travel to areas with Zika. If you must travel, do everything you can to



You can avoid mosquito bites by using bug spray, wearing clothing to cover your arms and legs and sleeping under bed netting.



Aedes aegypti mosquito is a major vector for Zika virus



1 in 5 people infected with Zika virus will become ill



Learn more at: 670-234-8950 ext. 2026 www.chcc.gov.mp/index.php/division-of-public-health/bds

















Centers for Disease Control and Prevention - Division of Public Health Services - CNMI Birth Defects, Surveillance, Intervention, & Referral to Services (BDSIRS) Program".



Hot days can seriously affect seniors' health

By TAMMY SMITH THE SUN HERALD

"Is it hot enough for you?"

That comment might deserve an eye roll, but you might consider tweaking it to, "Is it too hot for you today?" With daytime temperatures in the 90s during mid- to late summer and the heat index even higher on many days, hot days can indeed be too hot.

Heat can make everyone uncomfortable, but for older adults, that discomfort can also

mean danger. According to the Centers for Disease Control and Prevention, older adults are more prone to heat stress for at least three reasons. One, as we age, we don't adjust as well as young people to sudden changes in temperature. Seniors also are more likely to take prescription medicines that affect the body's ability to control sweat or the body's temperature. And seniors are more likely to have a chronic medical condition that affects body response to heat.

"Expert Care....Every Day!"

How to stay cool when it's hot out there

- First of all, make sure you have access to air conditioning. Don't rely on a fan to do the job. "If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area," the CDC advises.
- Drink more water than you usually do; don't worry about the bathroom consequences. And don't wait until you're thirsty; just make



Seniors should limit their time outside on particularly hot days to mornings

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235-9090 Walk-in's welcome. Beach Road Garapan, "Where Technology Meets Talent"



sure you stay hydrated. If your doctor doesn't want you drinking past a certain limit on water or you're taking water pills, check with your doctor on how much water you should drink during hot weather.

■ Avoid using the oven or stove-top if you can. Instead, opt for refrigerated salads or other cold foods, or foods you can microwave. Similarly, avoid using your dryer in the heat of the day.

■ Limit activity on hot days. If you must get outdoor exercise, go for a short walk early in the morning.

- Wear light-colored or loose-fitting clothing to help keep cool.
- Cool baths or showers can help.

Know the signs of heat illness

Would you recognize the signs of heat stroke and heat exhaustion? You might think they're the same thing, but heatstroke is more serious; it's a medical emergency that requires immediate help.

Heat exhaustion: Nausea or vomiting; heavy sweating; dizziness; weakness or tiredness; headache; fainting; cold, pale, clammy skin; muscle cramps and a fast or weak pulse.

What to do: If you have symptoms of heat exhaustion, move to a cool place, loosen your clothes, sip water and put cool, wet cloths on your body or take a cool bath. Seek medical help if you're throwing up, your symptoms get worse or they last more than an hour, the CDC advises.

Heat stroke: Body temperature of 103 degrees or higher; confusion; nausea; fainting; fast, strong pulse; hot, red, dry or damp skin; headache and dizziness

What to do: If you have symptoms of heat stroke, call 911 immediately. Move to a cool place and use cool cloths to help bring body temperature down. Do not drink anything; do not give a person with heat stroke symptoms anything to drink.

Can you be allergic to the sun?

Mayo Clinic dermatologist Dr. Dawn Davis says the sun can cause a variety of reactions when it comes in contact with your skin. Some skin conditions prompted by sun exposure are rare; yet, others happen frequently, especially in summer.

This time of year, many of us head outside to enjoy the sunshine. Now, we all know it's important to wear sunscreen to prevent sunburn, which is linked to skin cancer. But Davis says there are other issues that can happen from being in the sun that you might not know about.

"The sun is an immune system stimulant," she says. "It is technically toxic to the skin and irritates the skin."

It can trigger what's called polymorphic light eruption, which can cause a nasty rash. It's like an allergic reaction. Also, sun can interact with stuff on your skin, such as perfume

or spilled citrus juice, and cause what looks like a burn or sting.

"Phytophoto dermatitis, which is a chemical toxic reaction to the skin, which gives your skin a chemical burn," she says.

Ouch. So, be careful, because the sun can cause more trouble than just sunburn.

Davis says in addition to polymorphic light eruption and phytophoto dermatitis, the following two other conditions may occur as a result of exposure to the sun: solar urticaria, which is a rare condition that causes you to be allergic to ultraviolet light, and most common for adults with lifelong high ultraviolet (UV) exposure, such as airline pilots or professional mountain climbers, and porphyria, which is a blood condition that is exacerbated by UV light, and often under diagnosed or misdiagnosed. (Mayo Clinic News Network)



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ADVERTISING SUPPLEMENT SAIPAN TRIBUNE diabetes, also can affect pregnancy. Family planning and birth control. Taking folic acid. drugs and supplements. How to avoid illness. or lack of support. obesity, or epilepsy.

Preconception Health

Preconception health is a woman's health before she becomes pregnant. It means knowing how health conditions and risk factors could affect a woman or her unborn baby if she becomes pregnant. For example, some foods, habits, and medicines can harm your baby — even before he or she is conceived. Some health problems, such as

Every woman should be thinking about her health whether or not she is planning pregnancy.

For more information regarding available Preconception Care services, please contact the Family Planning Program at 234-8950 ext. 3351.

Some things to ask during a preconception health visit:

Vaccines and screenings you may need, such as a Pap test and screenings for sexually transmitted infections (STIs), including HIV.

Managing health problems, such as diabetes, high blood pressure, thyroid disease, obesity, depression, eating disorders, and asthma. Find out how pregnancy may affect, or be affected by, health problems you have.

Medicines you use, including over-the-counter, herbal, and prescription

Ways to improve your overall health, such as reaching a healthy weight, making healthy food choices, being physically active, caring for your teeth and gums, reducing stress, quitting smoking, and avoiding alcohol.

Hazards in your workplace or home that could harm you or your baby.

Health problems that run in your or your partner's family.

Problems you have had with prior pregnancies, including preterm birth.

Family concerns that could affect your health, such as domestic violence



- Take 400 to 800 micrograms (400 to 800 mcg or 0.4 to 0.8 mg) of folic acid every day if you are planning or capable of pregnancy to lower your risk of some birth defects of the brain and spine, including spina bifida. All women need folic acid every day. Talk to your doctor about your folic acid needs. Some doctors prescribe prenatal vitamins that contain higher amounts of folic acid.
- Stop smoking and drinking alcohol.
- If you have a medical condition, be sure it is under control. Some conditions that can affect pregnancy or be affected by it include asthma, diabetes, oral health,
- Talk to your doctor about any over-the-counter and prescription medicines you are using. These include dietary or herbal supplements. Be sure your accinations are up to date.
- Avoid contact with toxic substances or materials that could cause infection at work and at home. Stay away from chemicals and cat or rodent feces.





Information adapted from the Office on Women's Health, US Department of Health and Human Services.

"This advertisement has been brought to you by the CNMI Maternal and Child Health Bureau through funds by the US Department of Health & Human Services."

Alcohol does not always mix with diabetes

THE MONTEREY COUNTY HERALD

We were 10,000 feet above sea level at the recent Keystone, Colorado diabetes conference sponsored by the Barbara Davis Center for Diabetes ... a true Rocky Mountain high. And to avoid the dreaded effects of altitude sickness, we were warned to stay away from caffeine, marijuana (it's legal on this state, you know) and alcohol.

Later in the sessions, we learned that alcohol is not

diabetes either. Especially in people with type 1 diabetes who rely on multiple daily injections of insulin, alcohol can often lead to a dangerous drop in blood sugar levels—a life threatening condition called hypoglycemia.

Here are the current recommendations around the use of alcohol for people with

Check with your doctor first. Certain medications for diabetes such as insulin and other meds that increase the

always good for people with amount of insulin in the body just don't mix well with diabetes. Unless closely monitored, the combination of these meds with alcohol can bring blood glucose levels dangerously low. Ask your doc what he or she recommends for your particular condition.

Understand moderation. According to the latest guidelines from the American Diabetes Association, people with diabetes can usually consume moderate amounts of alcohol with no detrimental effects. Moderate is defined as no more than one alcoholic drink a day for women and no more than two a day for men. One "drink" is measured as one of the following: 1.5 ounces of distilled spirits like whiskey or vodka, 5 ounces of wine, or 12 ounces of beer.

Always, always eat when you drink alcohol. The most dangerous effect of alcohol in someone with diabetes is an abnormal lowering of blood sugar levels over a period of up to 24 hours. Never, never, never drink on an empty stomach. And make sure your meal or snack includes a source of carbohydrate such as bread, crackers, fruit or grains.

Pay attention to how alcohol affects you. People do not respond the same to alcohol. Even different types of alcohol can affect you differently. Check and monitor your blood sugars frequently if you imbibe. It's the only way to understand your individual response.

Know that alcohol is loaded with empty calories. Ounce for ounce, alcohol How T-cells cause type 1 diabetes

contains almost twice the calories of carbohydrates ... with no redeeming nutritional value. And any extra pounds gained from too much alcohol can translate to more complications for people with diabetes.

Watch those mixers. Many are loaded with sugar that can spike blood sugars. One attendee at this conference explained that his blood sugars jumped extremely high after he drank a margarita. Even tonic "water" contains almost as much added sugar as a soda.

When in doubt, don't. Especially at 10,000 feet altitude.

Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of Quinn-Essential Nutrition (Westbow Press, 2015). Email her at to barbara@quinnessentialnutrition.com.



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Quality health care for your entire family

When should a female start seeing a gynecologist?

With several choices in health care providers and specialties, determining who to see and when can be confusing.

"As an OB-GYN provider, one of the most common questions I hear from patients is, 'What are the differences between the services offered by a gynecology provider versus a family medicine provider?" says Becky DeLuca, an OB-GYN nurse practitioner at Mayo Clinic Health System. "The second most common is, 'When should my daughter start seeing a gynecology provider versus her pediatrician or family medicine provider?' Both of these are excellent questions. However, the answers are not as straightforward as one might hope."

Family medicine or gynecology?

Both the family medicine and gynecology departments can complete preventive health exams for women. Both departments can screen for health disease. So when do you see a gynecologic provider and when should you see a family medicine provider?

DeLuca says family medicine is best suited if:

- You have a chronic medical condition that requires medication or regular lab work (e.g., diabetes, high blood pressure or cholesterol, and chronic pain).
- You have an acute condition that might require antibiotics (e.g., ear infections, strep

throat, cellulitis or upper respiratory symptoms).

■ You have any new onset of pain or recent injury. She says gynecology is

best suited if:

- You have any questions or concerns regarding the female reproductive system, including breasts, uterus, ovaries and vulva. It also can include some urological or gastrointestinal symptoms.
- You have any menstrual, pregnancy, fertility or contraception questions or issues.
- You have any sexual health concerns (e.g., libido, pain or abuse).
- You are seeking a preventive health exam and ageappropriate screenings.

"There is some overlap in services provided by family medicine and gynecology," adds DeLuca. "Examples can include birth control, thyroid disorder and mood changes. In these cases, it's best to start with whomever you feel most comfortable with, and then that provider can guide you further if they cannot fully address your concerns."

At what age should a female see a gynecologic provider?

"Between the ages of 11 and 18, a female could potentially see a pediatrician, a family practice provider and/or a gynecology provider," says DeLuca.

Most health care needs can be addressed by Family Medicine or pediatric providers. However, DeLuca there are instances when it would be appropriate to have a younger patient see a gynecologic provider, such as:

- Delayed puberty (no breast tissue changes before 14) or delayed menarche (no menstrual cycles prior to 16)
- Painful menstrual cycles, especially if missing school or activities due to symptoms
 - Unable to wear a tampon
- Any sexual health concerns or contraceptive needs

When to begin Pap **smears**

It's important to understand Pap smear screening recommendations have changed numerous times over the past decade. As a result, many mothers remain uncertain as to when their daughters should begin screening. The current recommendation is to begin Pap smear screenings at 21, regardless of sexual activity or birth control needs.

"There are times when a pelvic exam (evaluation of the genitalia) might be warranted, but this is not for Pap smear screening purposes," says DeLuca. "Additionally, the HPV vaccination is recommended during the teenage years to help prevent cervical cancer in the future."

Your health care provider can give you more information regarding HPV vaccination at your appointment. (Mayo Clinic News Network)

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2	30,444	2,504	1,252	1,156	578		
3	37,777	3,149	1,575	1,453	727		
4	45,510	3,793	1,897	1,751	876		
5	53,243	4,437	2,219	2,048	1,024		
6	60,976	5,082	2,541	2,346	1,173		
7	68,709	5,726	2,863	2,643	1,322		
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Scientists genetically modify human embryos for first time, reports say

THE SAN DIEGO UNION-TRIBUNE

A team of researchers has created the first genetically modified human embryos, the MIT Technology Review reported this week.

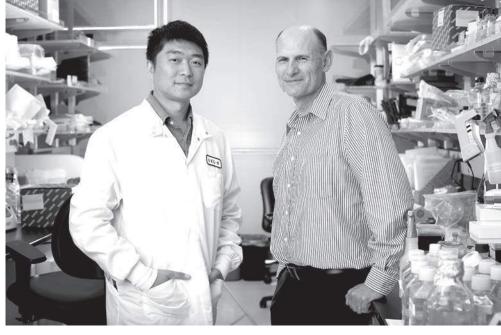
If the achievement is true—the scientists in question have neither confirmed nor disputed the account it could mark a milestone in preventing transmission of genetic diseases instead of just treating them.

It would also rev up debate about the safety and ethics of genetically changing human beings, including what laws exist to safeguard patients and what constitutes a medically legitimate genetic modification.

The technology could be used to alter people for nonmedical purposes such as making them taller, giving them a specific eye shape or switching out their black hair for a shade of blonde—decisions that could be seen as fundamentally upending the definition of human nature.

The Technology Review story said the scientists harnessed the gene-editing method called CRISPR, a milestone in its own right, to modify one-celled embryos and allow them to develop for a few days. Other news organizations have published their own articles about this purported accomplishment, including the well-respected biomedical website Stat.

Prominent biologist Shoukhrat Mitalipov of Oregon Health & Science University was the lead researcher on the study, according to the Technology Review and Stat stories. Both reports said



Salk Institute for Biological Studies scientists Jun Wu, left, and Juan Carlos Izpisúa Bemonte are part of an international team that has developed the world's most versatile kind of stem cell ever created in a lab. The stem cell is able to become every type of cell in the body.

K.C. ALFRED/SAN DIEGO UNION-TRIBUNE/TNS

he declined to comment.

"Results of the peer-reviewed study are expected to be published soon in a scientific journal," Oregon Health & Science spokesman Erik Robinson said Thursday. He declined to specify what the study discovered.

The Technology Review story also said Jun Wu of the Salk Institute for Biological Studies in La Jolla, Calif., took part in the research. On Thursday, the institute declined to discuss the study.

Mitalipov gained fame in 2013 for spearheading development of the first human embryonic stem cells genetically matched to specific living individuals. The method he and some colleagues employed, called somatic cell nuclear transfer, was originally used two decades ago to create Dolly the cloned

Those researchers had taken a nucleus from a donor cell in a sheep and transferred it into a sheep egg cell that had had its own nucleus removed. The combination cell acted like a normal fertilized egg, producing Dolly. That sheep had the DNA of the donor cell, so it was a nearly exact clone of the sheep where the donor cell was taken from.

Growing a creature in this way is called reproductive cloning, and the U.S. government bans such procedures on people. Mitalipov and colleagues performed what is called therapeutic cloning: They used the process to cultivate human embryonic stem cells, which are likewise genetically matched to the donor nucleus.

In theory, these stem cells could be grown into replacement tissues to repair disease or injury in the person with the matching DNA. Genetically matching the stem cells to a particular patient lowers the risk that tissue transplants would be rejected by the person's immune system.

Wu and other Salk researchers in the lab of Juan Carlos Izpisua Belmonte have collaborated with Mitalipov to explore somatic cell nuclear transfer as a therapy for mitochondrial diseases. Mitochondria are organelles that make most of the energy cells use and perform other vital functions. They carry their own DNA.

The scientists generated human stem cells in the lab, repaired mitochondrial defects and found that they were able to restore certain desired functions in cells.

They took human skin cells and inserted their nuclei into human egg cells with healthy mitochondria that had their own nuclei removed. Those manipulated egg cells were then grown until they produced embryonic stem cells, free of the defective mitochondria.

The United Kingdom has approved a method that resembles reproductive cloning to prevent inheritance of mitochondrial diseases. This process involves replacing the nucleus of an egg cell from a donor with healthy mitochondria with that from the egg cell of the mother-to-be with diseased mitochondria.

Whether the reports this week about genetically modified human embryos are true, the capability of genetically engineering human embryos is fast approaching, said a bioethicist and a stem cell researcher who have examined the issue.

But having the capability doesn't mean it should be done, said Michael Kalichman, co-founding director of the the Center for Ethics in Science and Technology at the University of California, San Diego.

Kalichman said society isn't ready for genetically modifying humans, and that it's time for the public to start paying attention to what has been considered a futuristic scientific issue.

The strongest argument for genetic modification is to stop diseases, he said. The strongest argument against the technology is that it might cause unanticipated problems.

Paul Knoepfler, a stem cell researcher at UC Davis, said no matter how much effort is spent to ensure patient safety, there are no guarantees.

"The bottom line is that we'll never really know until someone tries it," Knoepfler said. Potential harm might not emerge until adulthood or even until the genetically altered people have their own children, he added.

"The other big thing is, I am not really convinced we can draw a clear line between doing this for only medical purposes versus (cosmetic) traits," he said.

Sexually transmitted infections are on the rise

Social media apps, barriers to testing and stigma may contribute to the increase in sexually transmitted infections including gonorrhea, chlamydia and syphilis.

According to the Centers for Disease Control and Prevention, the number of reported sexually transmitted infections is at an unprecedented high.

"It's now much easier for people who wish to engage in high-risk sexual activity with multiple sex partners to find other people who are interested in engaging in high-risk sexual activity with multiple sex partners in real time," says Dr. Pritish Tosh, a Mayo Clinic infectious diseases specialist. "Some studies have shown these apps have contributed to the rise in sexually transmitted infections."

Young people, and bisexual and gay men face the greatest risk of becoming infected with sexually transmitted infections.

"There's already an inherent barrier of people being embarrassed if they think that they may have a sexually transmitted infection; then there are barriers to health care of people perhaps not having access to a health care," says Tosh. "Social stigma, especially when we're talking about the population of men who have sex with men. It's a reason why we tend to see higher rates in that population."

Prevention is key. Tosh says know your partner. Use safesex practices. And if you develop symptoms, see a health care provider. Treatment is available.

"For the large part, these sexually transmitted infections are treatable or at least manageable," says Tosh. "We're talking about gonorrhea, chlamydia or syphilis. These are curable. Even infections like HIV now have very effective antiretroviral therapy, which can manage the infection. Right now, we don't have a cure. But, for the most part, these sexually transmitted infections can be either cured or dealt with. It's important that people seek treatment from their health care provider if they have any symptoms."

Symptoms of common sexually transmitted infections may include:

- Sores or bumps on the genitals, or in the oral or rectal area
 - Painful or burning urina-■ Discharge from the penis
- Unusual or odd-smelling vaginal discharge
- ■Unusual vaginal bleeding
- Pain during sex
- Sore, swollen lymph nodes, particularly in the groin but sometimes more widespread
 - Lower abdominal pain
 - Fever
- Rash over the trunk, hands or feet (Mayo Clinic News Network)

Do you text in the bathroom? Your smartphone might carry more germs than your toilet

By CRAIG HILL

THE NEWS TRIBUNE (TACOMA, WASH.)

Here's a habit you might want to flush: taking your smart devices to the bathroom.

In 2015, Verizon posted a survey of its customers that revealed 90 percent used their phone in the bathroom.

There are several reasons to leave your phone or tablet when you're bathing, grooming or taking care of business according to a recent USA Today article by Brett Molina. Not the least of these is that your smartphone likely carries more germs than your toilet. The article cited a 2011 study from the London School of Hygiene & Tropical Medicine in which one in every six phones



There are several reasons to put away your phone or tablet when you're bathing, grooming or taking care of business.

contained fecal matter.

"You've got to think of your mobile devices as an extension of yourself," Jason Tetro, a scientist and author of "The Germ Files," told USA Today.

"Anything your cell phone touches, imagine that's your hands." He told the newspaper the best way to clean phones is with wipes made for electronics.

Germs are just one reason bathrooms and smart devices aren't a good pairing.

You are one clumsy move away from having your device destroy by a sink, bathtub or toilet. Even if your phone is water resistant, the paper asks, "do you really want to reach into the toilet for your phone?"

The habit is potentially dangerous. People have died using their charging devices in the bathroom. Earlier this year a 14-year-old girl from Lubbock, Texas, died after she was electrocuted while using her plugged-in phone in the bath. Installing ground fault circuit interrupters in bathrooms and kitchens is recommended by the Consumer Product Safety Commission to prevent severe shocks.

Four tips for safer picnics dietitian Kate Zeratsky. "However, on a hot day _ 90 (degrees Fahrenheit) and above _ you want to limit the time

A picnic can be big fun. However, improper handling of the food can mean big trouble, in the form of foodborne germs.

Before you fill your cooler, check out four tips for safer

Picnic tip No. 1: When you open the cooler, keep an eye on the clock.

"The general rule is to have food out only two hours," says

How much vitamin D do you need?

Studies show that, while most Americans do not get enough vitamin D, a growing portion of people get too much. Finding a happy medium does not have to be tricky.

Even though it's one of the most important nutrients for keeping your muscles strong and your bones from breaking, most Americans do not get enough vitamin D.

"A substantial proportion of the population may well have what we would call either vitamin D insufficiency, where it's kind of borderline low, or frank vitamin D deficiency," says Dr. Sundeep Khosla.

Khosla is an endocrinologist at Mayo Clinic and says exposure to sunlight is the easiest way to get vitamin D. He says, generally, 30 minutes a day does the trick.

But getting 30 minutes of sunlight a day can be tough for a lot of people, especially during the winter. So, Khosla says people can fill some of the gaps with food and

Most dairy products these days are fortified with vitamin D, as are some other items like orange juice.

But Khosla says vitamin D-filled food options are

"So for many people, taking a vitamin D supplement is perhaps the best way to ensure adequate vitamin D amounts. And for most people, somewhere between 600 and 800 units of vitamin D—which is, in fact, what most multivitamins now contain—is sufficient to maintain adequate vitamin D levels," Khosla says.

But recent studies show excessive vitamin D supplements might lead to kidney and heart issues, an increase in fractures and falls, and even certain types of cancer.

"I think the bottom line is you need to get enough vitamin D; 600 to 800 units is probably enough," Khosla says. (Mayo Clinic News Network)



Follow these tips for safer picnics.

Guide for safe grilling

Keep foodborne bacteria and germs off your guest list at your next family cookout.

Dr. Nipunie Rajapakse, a Mayo Clinic pediatric infectious diseases specialist, says summer is the season when foodborne illnesses peak.

Rajapakse offers a few important safety tips to keep your family and friends safe from foodborne illness this summer when you're around the grill.

Keep food separated

Even if you keep your food contaminated separated hands can easily spread bacteria from one food to another. Wash your hands well and often for at least 20 seconds with soap and water.

"Keep your raw meat and poultry products, separate from your vegetable products such as salads that you may be serving without cooking or heating. That ensures that you're not crosscontaminating your food with bacteria that may make people sick."

Good hand hygiene

"Ensure that you are doing a really good job of washing your hands. This is especially important if you're going between preparing meat and other foods. You need to ensure that you remove any traces of bacteria from your hands before you start preparing foods that you may not be cooking until later, or won't be subjecting to a high temperature."

Properly store foods

"The other important thing during grilling season is to ensure that you are storing or keeping food at a safe temperature," says Rajapakse. "We want to encourage people not to keep food in the danger zone, which is usually between 40 to 140 degrees Fahrenheit. That's the ideal temperature for bacteria to reproduce and replicate. And when your food sits at that temperature for a prolonged period of time, you really increase the risk that people might get that food is out in that hot weather to one hour."

She adds, "You might even consider a bowl of ice. And, then, sit your food container in that ice. That can help maintain a cool temperature."

Picnic tip No. 2: Pay special attention to proteins.

"Bacteria like protein," says Zeratsky.

So keep meat cold until it hits the grill. Then, use a meat thermometer to make sure it's cooked to a safe temperature. At least 160 degrees (degrees Fahrenheit) for ground meats and 165 (degrees Fahrenheit) for poultry.

Picnic tip No. 3: Shield your sweets, including the ones from Mother Nature.

"Fruit, with its natural sugars, is going to attract some bugs," says Zeratsky. "So you might want to keep it cov-

And picnic tip No. 4: Better to be safe than sorry.

"When in doubt, throw it out. You don't want anyone to get sick." (Mayo Clinic News Network)

sick from eating it." After it is prepared, food should sit out at room temperature for no longer than 2 hours and if it is warmer than 90 degrees Fahrenheit outside that time should be reduced to one hour. Safe grilling temperatures for meat are:

- 145 Fahrenheit for steaks, roasts, chops, such as lamb, pork and veal
- 160 Fahrenheit for ground beef
- 165 Fahrenheit for chicken and turkey (Mayo Clinic News Network)

Blood in urine should not be ignored

Blood in the urine—hematuria—can be alarming. Although some causes of hematuria can be serious, others are fairly harmless and may clear up with little or no treatment. Either way, it definitely should be evaluated by a health care provider.

Blood in the urine that's

clearly visible is called gross hematuria. Blood in the urine that isn't clearly visible is called microscopic hematuria. With gross hematuria, urine may be red or pink, or similar in color to cola. tea or rust. Gross hematuria often occurs without other symptoms. It takes little blood to discolor urine, so you're probably not losing as much blood as it may appear. However, heavier bleeding that involves passing blood clots is an urgent issue that can be painful and puts you at risk of having a blocked bladder outlet and inability to pass urine.

The first step is to determine if the discoloration is blood. Urine can become discolored in other ways, such as by blood proteins (hemoglobin or myoglobin); from eating beets; or taking certain medications, including some used to treat urinary tract infections. Occasionally, vaginal bleeding can be mistaken for hematuria and vice versa. Hematuria in older adults nearly always indicates the need for an evaluation to determine the cause of bleeding.

To determine what is causing the hematuria, your health care provider may first order a urine test to determine if bleeding is caused by a urinary tract or kidney infection. Symptoms of an infection may include a frequent urge to urinate, burning with urination, and abdominal pain or pressure. More severe symptoms, such as a fever, chills, and back or side pain, may indicate a kidney infection. Even if you don't have symptoms, urine tests are almost always performed to



You should never ignore blood in your urine.

check for an infection.

blood in the urine often can indicate if bleeding is coming from within the kidneys, which could indicate kidney disease or kidney cysts. A family or personal health history that includes a kidney disease or urinary stones can provide important clues.

The risk of hematuria being an indicator of cancer somewhere in the urinary tract increases after age 40. And, in most cases, it's the first symptom. If suspected, testing for cancer may include looking

for kidney, bladder, prostate Urine tests and tests on the or other potential cancers. A history of smoking, working with chemicals or dyes, radiation to the pelvic area, and other factors heighten the risk of urinary tract cancer.

In addition to infection, kidney disease and cancer as possible causes of hematuria, there's a long list of other possibilities, with some being more common than others. Possible causes that are temporary and generally not worrisome, or are easily addressed, include strenuous exercise (particularly running), a blow to the kidney area, or various medications, such as the cancer drug cyclophosphamide or anticlotting drugs ranging from aspirin to warfarin (Coumadin) to clopidogrel (Plavix).

Other possible causes may include an enlarged prostate, kidney or bladder stones, or a number of inherited kidney diseases, such as polycystic kidney disease or Alport syndrome. For those of African descent, sickle cell anemia can be a cause.

It's fairly common for no cause of hematuria to be found. For older adults with hematuria of undetermined cause, follow-up testing usually is recommended. One goal is to determine if the hematuria was temporary, persistent or intermittent. Another goal may be to remain watchful—or take an additional diagnostic look—for cancer or another disease that wasn't previously detected. (Mayo **Clinic News Network)**

WOMEN'S WELLNESS:

Learn more about Zika if you're traveling

he Zika infection in pregnant women can cause severe birth defects in their babies. So the U.S. Centers for Disease Control and Prevention (CDC) recommends that all pregnant women avoid traveling to areas where there is an outbreak of Zika virus.

"The current recommendation is men should not get a woman pregnant for six months, after the man has traveled to a Zika area, and women should not get pregnant for eight weeks, if they've traveled to a Zika area," says infectious diseases internist Dr. Mary Jo Kasten of the Mayo Clinic Travel Clinic.

Kasten adds, "If there is no way you can avoid traveling—you just have to go there for whatever reason, and there's a chance of pregnancy in the future—then you just need to do the very best you can to avoid getting bit by the mosquitoes."

She suggests using a repellent with deet. "My favorite is a deet-containing insect spray, because you can spray that all over your clothing, over your exposed skin, get some on your hands, put it up around your face. Reapplying that about every four to six hours. You can cover up with light, long-sleeved clothing, and you use deet repellent on top of that." She says you can also use clothing that's been pretreated with an insecticide called permethrin.

Kasten says she has female patients who ask if they're at risk. She says age is a strong factor. "If I had an adult patient saying 'I'm afraid to go to Brazil, because I might get Zika' but they're a 50-year-old woman, and there's no chance of them getting pregnant, I would say, 'You don't really



Women should not get pregnant for eight weeks, if they ave traveled to a Zika area.

DREAMSTIME/TNS

need to worry.' Your risk of getting something like dengue or other things is much higher than getting sick from some other mosquito-borne illness or other travel-related problem than Zika," says Kasten. "However, if you were a 24-year-old woman interested in getting pregnant in the next six months, then Zika needs to really be on your radar, and

you should really reconsider."

Kasten adds, "It's not transmitted as frequently through sex as through mosquito bites, but we do want women who have a partner who has traveled to Zika virus places to know that they can potentially get Zika through sex."

Again, the recommendation is if women travel to a Zikaendemic area, they should not get pregnant for eight weeks. If their partner, or any sex partner, has traveled to a Zika-endemic area, it's recommended the woman not get pregnant for six months. Kasten says the couple should especially use condoms (and other forms of birth control) to try to avoid pregnancy and acquiring Zika from the male partner.

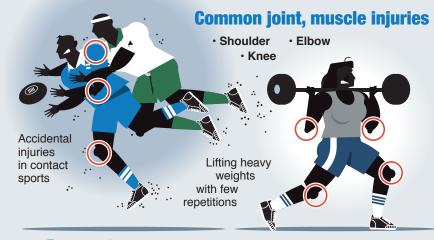
As researchers work on a

vaccine, Kasten says it appears they're making faster progress with Zika than with other vaccines. "They've been working on dengue virus vaccines for years and years, but it seems like they're probably closer to having a Zika virus vaccine that might be able to be tested, as I understand it, than dengue virus vaccine." (Mayo Clinic News Network/TNS)

Personal Trainer

Warning to 'weekend warriors'

Trying to pack a week's worth of sports and exercise into Saturday and Sunday sets up many "weekend warriors" for injury.



Does not improve fitness

None of these increase significantly if two-day workouts are followed by five sedentary days

- Strength
- Flexibility
- Enduran



Get at least 30 minutes of moderate physical activity every day

- Playing with children
- · Working in garden
- Walking dog
- Taking stairs instead of riding elevator

Source: Dr. Kevin Plancher, WebMD; American Academy of Orthopedic Surgeons Graphic: Helen Lee McComas, Paul Trap, Tribune News Service

Here's one chemical to avoid when shopping for sunscreen

By ANDY MARSO

THE KANSAS CITY STAR/TNS

When you reach for sunscreen to take to the pool this summer, flip it over in the store and check the ingredients.

If avobenzone is among them, you might want to put it back on the shelf.

New research suggests that the chemical can break down when exposed to a combination of light and chlorinated water.

"It can degrade into some very harmful compounds, some of which are known carcinogens," said Daniel Aires, a dermatologist with the University of Kansas Health System. "What isn't known is how much is absorbed into the skin, or if it's to a level that can cause or potentially increase the risk of cancer. But this is certainly alarming."

Aires said avobenzone should be of particular concern for young children, who might lick their arms for no apparent reason after they've been in the pool and ingest the chemical after it has broken down.

"For smaller kids especially, I think it's probably just best to avoid it in case it goes



DREAMSTIME/TNS

New research suggests that avobenzone in sunscreens can break down into potentially harmful substances when exposed to sunlight and chlorinated water

in the mouth," Aires said.

Aires said there's plenty of sunscreens that don't have avobenzone. The safest, most proven products are based on zinc and titanium, but not micro-sized zinc and titanium, he said, and not sprays. Lotions are better.

"The drawback to those sunscreens is they tend to look kind of chalky," Aires said.

The U.S. Food and Drug Administration first approved an avobenzone-based sunscreen product in 1988.

If sunscreen with avobenzone is all that's on hand, Aires said it's better to use it than expose skin to sunlight for prolonged periods without any protection. The research suggesting avobenzone might cause harm is still preliminary, while research connecting sunburns to increased risk of cancer is definitive.

"If the choice is between getting a sunburn and using a sunscreen with some risk, it's probably better to use the sunscreen," Aires said.

This advertorial is sponsored by Tan Siu Lin Foundation





Tan Siu Lin Foundation

SAIPAN TRIBUNE MONDAY, JULY 31, 2017 **25**

Business

Obamacare still needs some patchwork



Mario Henderson leads chants of "save Medicaid," as other social service activists, Medicaid recipients and their supporters stage a protest outside the building that houses the offices of U.S. Sen. Thad Cochran, R-Miss., Thursday, June 29, 2017, in Jackson, Miss.

By TOM MURPHY
AP HEALTH WRITER

The health care law of the land has survived for now, but it needs help—and it needs it soon.

Soaring prices and fewer choices may greet customers when they return to the Affordable Care Act's insurance marketplaces this fall, in part because insurers are facing deep uncertainty about whether the Trump administration will continue to make key subsidy payments and enforce other parts of the existing law that help control prices.

Assurances don't look to be coming anytime soon. "As I said from the beginning, let ObamaCare implode, then deal. Watch!" President Donald Trump tweeted Friday, soon after the Senate narrowly rejected the latest push to dismantle the Obama-era health care law.

Health and Human Services

Secretary Tom Price said in a statement after the Senate vote that the administration would pursue its health care goals through regulation.

That kind of uncertainty rattles insurers, many of whom have already stopped selling policies through public insurance markets established by the health law because they were losing money.

Their main concern now is that the administration will stop paying crucial subsides called for in the law that help reduce costs like deductibles for people with low incomes. The subsidies, estimated at \$7 billion a year, have been challenged by Republicans in court, and Trump has only guaranteed them through this month.

If they stop, insurers will have to raise prices for coverage, known as premiums, because by law they must still offer the same reduced deductibles for their low-income customers.

Trump appeared to threat-

en those payments Saturday, tweeting: "If a new HealthCare Bill is not approved quickly, BAILOUTS for Insurance Companies and BAILOUTS for Members of Congress will end very soon!"

Starting in 2014, members and their staffs had to use federal or state health care exchanges instead of the coverage that is available to most government workers. Most members who use the coverage buy it off the health care exchange created by the District of Columbia. They also collect subsidies from the government if they use the district's exchange. Members aren't required to use the coverage. Some get health insurance through a spouse, for example.

Leerink analyst Ana Gupte surveyed several states and has said that insurers are asking for price hikes of around 36 percent when they assume the subsidies go away, compared with about 18 percent if they stay.

Court: FAA must reconsider regulating airline seat size

By DAVID KOENIG

AP AIRLINES WRITER

An appeals court panel said Friday that federal officials must reconsider their decision not to regulate the size of airline seats as a safety issue.

One of the judges called it "the Case of the Incredible Shrinking Airline Seat."

The Flyers Rights passenger group challenged the Federal Aviation Administration in court after the agency rejected its request to write rules governing seat size and the distance between rows of seats.

On Friday, a three-judge panel for the federal appeals court in Washington said the FAA had relied on outdated or irrelevant tests and studies before deciding that seat spacing was a matter of comfort, not safety.

The judges sent the issue back to the FAA. They said the agency must come up with a better-reasoned response to the group's safety concerns.

"We applaud the court's decision, and the path to larger seats has suddenly become a bit wider," said Kendall Creighton, a spokeswoman for Flyers Rights.

The passenger group says small seats that are bunched too close together slow down emergency evacuations and raise the danger of travelers developing vein clots.

FAA spokesman Ian Gregor said the agency was considering the ruling and its next steps. He said the FAA considers the spacing between seat rows when testing to make sure that airliners can be evacuated safely.

The airline industry has long opposed the regulation of seat size. Its main U.S. trade group, Airlines for America, declined to comment on the ruling.

Airlines have steadily reduced the space between rows to squeeze in extra seats and make more money. On discount carrier Spirit Airlines, the distance between the headrest of one seat and that of the seat in front of it—a distance called "pitch"—is 28 inches (71 centimeters), which, after accounting for the seat itself, leaves little legroom for the average passenger.

Nation

New chief of staff takes over Monday

WASHINGTON (AP)— Retired Marine Gen. John Kelly is a battle-hardened commander who would bring a background of military discipline and order to President Donald Trump's roiling White House as the new chief of staff.

Kelly's experience as Homeland Security secretary and a veteran of three tours in Iraq —along with a sobering family tragedy—suggests he'll be a loyal manager for Trump when he starts the job Monday.

"He has been a true star of my administration," the president tweeted Friday, announcing that his current secretary of homeland security was in, and White House chief of staff Reince Priebus was out. Trump called Kelly a "great leader" and "great American." He called Priebus, ousted after a tumultuous six months, a "good man."

As Homeland Security secretary, Kelly has taken the lead on some of Trump's most controversial policies, including his executive orders suspending the admission of refugees and temporarily barring visitors from several Muslim-majority nations. Those orders have been stripped down by courts pending a Supreme Court review this fall.

People who know Kelly told The Associated Press that he was not aware of the details of the initial orders until around the time that Trump signed it. Yet, just days after taking office, he had to lead the agency as it dealt with the chaos and confusion that ensued at airports in the U.S. and around the world. He defended the orders to reporters and lawmakers and insisted he indeed had been part of the decision-making process.

Kelly has stood up to Congress, another facet of his history that Trump might find attractive.

In April, Kelly bluntly challenged members of Congress critical of the Trump administration's aggressive approach to immigration enforcement to either change the laws or "shut up."

But Kelly has won bipartisan respect from lawmakers as a result of his distinguished military career. He joined the Marine Corps in 1970, carving out a reputation as a highly respected but often outspoken commander who could roil debate and issue unpopular directives on issues ranging from women in combat to the treatment of detainees at the Guantanamo Bay, Cuba, detention center.

Kelly was the fifth person to lead the Department of Homeland Security, which includes agencies that protect the president, respond to disasters, enforce immigration laws, protect America's coastlines and secure air travel. His selection as secretary bolstered concerns about an increase in military influence in a Trump White House.

Kelly also holds a somber distinction. He was the

highest-ranking officer to lose a child in combat in Iraq or Afghanistan. Kelly's son, Marine 1st Lt. Robert Kelly, was killed in November 2010 in Afghanistan.

He retired from the military last year, wrapping up a three-year post as head of U.S. Southern Command, which spanned some of the more fractious debate over the Obama administration's ultimately failed attempt to close the detainee facility at Guantanamo.

In his final Pentagon news conference, Kelly spoke about the loss of his son—a topic he didn't often discuss publicly.

"To lose a child is—I can't imagine anything worse than that. I used to think, when I'd go to all of my trips up to Bethesda, Walter Reed, I'll go to the funerals with the secretaries of defense, that I could somehow imagine what it would be like," Kelly said.

But, he added, "when you lose one in combat, there's a—in my opinion—there's a pride that goes with it, that he didn't have to be there doing what he was doing. He wanted to be there. He volunteered."

Kelly said he gets "occasional letters from Gold Star families who are asking, 'Was it worth it?' And I always go back with this: It doesn't matter. That's not our question to ask as parents. That young person thought it was worth it, and that's the only opinion that counts."

Trump threat: End health payments unless there's an overhaul

WASHINGTON (AP)—President Donald Trump on Saturday threatened once more to end required payments to insurance companies unless lawmakers repeal and replace the Obama-era health care law.

In apparent frustration over Friday's failure by the Senate Republican majority to pass a bill repealing parts of the Affordable Care Act, Trump tweeted: "If a new HealthCare Bill is not approved quickly, BAILOUTS for Insurance Companies and BAILOUTS for Members of Congress will end very soon!"

No Democrats voted for the GOP bill.

Repeal-and-replace has been a guiding star for Republicans ever since President Barack Obama enacted the law in 2010. That goal, which Trump turned into a top campaign promise, re-

mains out of reach even with Republicans controlling both the White House and Congress. The issue has dominated the opening months of Trump's presidency.

But Senate Majority Leader Mitch McConnell, R-Ky., said after the bill failed early Friday that he would move to other legislative business in the upcoming week.

Trump also tweeted: "Unless the Republican Senators are total quitters, Repeal & Replace is not dead! Demand another vote before voting on any other bill!"

The subsidies, totaling about \$7 billion a year, help reduce deductibles and copayments for consumers with modest incomes.

The Obama administration used its rule-making authority to set direct payments to insurers to help offset these costs. Trump inherited the

payment structure, but he also has the power to end them.

The payments are the subject of a lawsuit brought by House Republicans over whether the Affordable Care Act specifically included a congressional appropriation for the money, as required under the Constitution. Trump has only guaranteed the payments through July, which ends Monday.

Trump previously said the law that he and others call "Obamacare" would collapse immediately whenever those payments stop. He has indicated a desire to halt the subsidies but so far has allowed them to continue on a month-to-month basis.

Without the payments, analysts have said, more insurers might drop out of the system, limiting options for consumers and clearing the way for the insurers who stay to charge more for coverage.

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Asia

New normal for N. Korea

SEOUL, South Korea (AP)— For all its bluster and over-thetop propaganda, North Korea often does just what it says it will do when it comes to its weapons development.

So it goes with its lightning-quick push to perfect an intercontinental ballistic missile. The clear message after Friday's late-night test, the second in a month of a missile that may be able to reach most of the U.S. mainland: Get used to this - it's the new normal.

So what exactly does that mean?

From the West's point of view, it portends more and scarier missile and nuclear tests, each one more powerful than the last; a dogged determination by the North to ignore, as it has for decades, financial sanctions and other outside pressure, including a slightly more forceful clampdown from its biggest enabler, China; and an increasing likelihood that a determined, unchecked North Korea will soon turn its rhetoric about being capable of nuking America's heartland into a reality.

SEOUL, South Korea (AP)— The United States flew two supersonic bombers over the **Korean Peninsula on Sunday** in a show of force against North Korea following the country's latest interconti-

nental ballistic missile test.

The B-1 bombers were escorted by South Korean fighter jets as they performed a low-pass over an air base near the South Korean capital of Seoul before returning to the Andersen Air Force Base in Guam, the U.S. Pacific Air Forces said in a statement.

It said the mission was a response to consecutive ICBM tests by North Korea this month. Analysts say flight data from North Korea's second **ICBM** test conducted Friday night showed that a broader part of the mainland United **States, including Los Angeles** and Chicago, is now in range of Pyongyang's weapons.

"North Korea remains the most urgent threat to regional stability," Gen. Terrence I. O'Shaughnessy, Pacific Air Forces commander, said. "Diplomacy remains the lead. However, we have a responsibility to our allies and our nation to showcase our unwavering commitment while planning for the worst-case scenario."

All this is meant to force the United States to accept terms that Pyongyang favors: a formal end to the Korean War that would remove U.S. forces from the Korean Peninsula, weaken ties between Seoul and Washington, and make it much

more likely that the North's ultimate dream of a Korea united under its rule comes true.

Outsiders have long dismissed or ignored North Korea's atomic boasts and propaganda, even as they've failed through sanctions, threats and isolation to hinder the North's progress. It remains to be seen whether an effort led by a Trump administration distracted by political infighting can rise to the most serious challenge yet in what has been a decades-long nuclear standoff.

To see exactly what North Korea is aiming for, just read its propaganda.

The North promised a stream of missile "gift packages" for the United States after its first ICBM test on July 4. Then on Saturday, hours after its second test of the Hwasong-14, the country's leader, Kim Jong Un, was quoted as saying by the North's official Korean Central News Agency that "the U.S. trumpeting about war and extreme sanctions and threat against the (North) only emboldens the latter and offers a better excuse for its access to nukes."

Friday's test "is meant to send a grave warning to the U.S.," Kim said, and "make the policy-makers of the U.S. properly understand that the U.S., an aggression-minded state, would not go scot-free if it dares provoke the" North.

were light, an operations center staff person said. The typhoon also left shops and streets in agricultural Pingtung county knee deep in muddy water after dumping about 600 millimeters (23.6 inches) of rain.

Typhoon injures 81 in Taiwan as another storm approaches

TAIPEI, Taiwan (AP)—Taiwan's first typhoon of the year left 81 people injured and coastal towns flooded as the island braced for a second tropical storm Sunday. Howling winds toppled motor scooters and hit people with flying glass, the Central Emergency Operations Center said. In Yilan county on the northeast coast, one person was blown down, another was struck by a wind-driven object and a third was injured when a utility truck flipped. Typhoon Nesat made landfall on the northeast coast of Taiwan Saturday evening with maximum sustained winds of 137 kilometers (85 miles) per hour and gusts of up to 173 kph (107 mph), according to the national weather bureau. All but two of the injuries

Fire at cake factory in Vietnam's capital kills 8 workers

HANOI, Vietnam (AP)—A fire broke out at a small cake factory in Vietnam's capital on Saturday, killing eight workers and seriously injuring two others. The fire ripped through the factory in a suburban district of Hanoi on Saturday morning, the state-run Tuoi Tre newspaper reported. It took firefighters more than an hour to put out the blaze. An initial investigation showed that the fire started when the ceiling caught fire from welding sparks, the paper said. Parts of the ceiling collapsed in the fire, blocking the factory's only exit and trapping the workers inside, according to the paper. Officials were not available for comment. Fires are relatively common in Vietnam. Thirteen people were killed in a fire at a karaoke bar in Hanoi in November.

World

Maduro: Will use new assembly to go after foes

Venezuela CARACAS, (AP)—President Nicolas Maduro is pledging to go after his political foes with the virtually unlimited powers of a constitutional assembly that his backers will select Sunday as his opponents wage a last-ditch battle to halt what they call the replacement of Venezuelan democracy with a single-party authoritarian system.

Faced with spiraling socioeconomic catastrophe, Maduro is calling for his supporters to turn out in mass to elect a special assembly with the powers to rewrite the country's 1999 constitution. That 18-year-old constitution says no other branch of government can impede the workings of the constitutional assembly. Some interpret that as granting the new assembly powers above and beyond every other state institution, including the oppositioncontrolled congress.

While opinion polls say a vast majority oppose him, Maduro made clear in a televised address Saturday evening that he intends to use the assembly to govern without limitation, describing the vote as "the election of a power that's above and beyond every other. It's the super power!"

He said he wants the as-



flag during a rally in Caracas, Venezuela, Thursday, July 27,

sembly to strip opposition legislators of their constitutional immunity from prosecution and jail at least one— Freddy Guevara, a hard-line opposition leader and one the highest-profile organizers of four months of protests against the government.

"This little Hitler has his cell guaranteed!" Maduro shouted, using his frequent nickname for Guevara.

The opposition is boycotting Sunday's vote, contending the election has been structured to ensure Maduro's socialist party continues to dominate. So all 5,500 candidates for the 545 seats in the constituent assembly are his supporters.

The vote's success will be measured by turnout, with the opposition urging Venezuelans to stay and the government encouraging participation with tactics that include threats to state workers' jobs and social benefits like subsidized food for the poor.

Maduro indicated he is eager to prosecute many more members of the opposition parties that control a handful of state governments along with the National Assembly, providing one of the few remaining checks on the power of the socialist party that has ruled this OPEC nation for nearly two decades.

"The right wing already has its prison cell waiting,' the president said. "All the criminals will go to prison for the crimes they've committed."

Iran says US Navy fires warning shots near its vessels

TEHRAN, Iran (AP)— Iran's elite Revolutionary Guard said Saturday a U.S. Navy aircraft carrier fired a warning shot in an "unprofessional" confrontation with Iranian vessels, the official IRNA news agency reported.

IRNA quoted a statement from the Guard as saying that the USS Nimitz and an accompanying ship came near an Iranian oil offshore platform in the Persian Gulf and a helicopter from the ship hovered near vessels manned by Iran's elite Revolutionary Guard.

The report said the confrontation took place Friday afternoon and the U.S. navy ships left the area following the encounter.

The U.S. Navy's Bahrainbased 5th Fleet said the incident happened while one of its helicopters was on a routine patrol in international airspace. The aircraft saw several Guard vessels approaching American ships "at a high rate of speed" and sent out flares after receiving no response when it tried to establish communications, the Navy said. That prompted the Iranian boats to halt their approach.

After communications were established, the U.S. saw the Iranians conduct a "gun exercise." That routine exercise involved them firing weapons into the water away from American ships, said Navy spokesman Lt. Ian M. McConnaughey.

The Navy described the encounter "as safe and professional."

The incident comes after a U.S. Navy patrol boat fired warning shots Tuesday near an Iranian vessel that American sailors said came dangerously close to them during a tense encounter.

Iran and the U.S. frequently have run-ins in the Persian Gulf, nearly all involving the Revolutionary Guard, a separate force from Iran's military that answers only to the country's supreme leader. In January, near the end of then-President Barack Obama's term, the USS Mahan fired shots toward Iranian fast-attack boats as they neared the destroyer in the Strait of Hormuz.

Iranian forces view the American presence in the Gulf as a provocation. They have accused the U.S. Navy of unprofessional behavior, especially in the Strait of Hormuz, the mouth of the Persian Gulf through which a third of all oil trade passes

Also Saturday, Iran's parliamentary committee on national security and foreign policy held an urgent meeting with deputy foreign minister and senior Iranian negotiator Abbas Araghchi in which they reviewed measures that the country may apply in response to a package of sanctions the U.S. Senate approved Friday against Iran and sent to President Donald Trump for signing.

Araghchi told state TV Saturday that the decision is a "hostile" breach of the deal.

"It is a breach of the deal in articles 26, 28 and 29," said Araghchi. "A strong answer will be given to the action by the U.S."

ASIAN BRIEFS PH mayor, 6 others

killed in raid linked to drugs **ZAMBOANGA**, Philippines

(AP)—Philippine police fatally shot a city mayor, who was among politicians the president publicly linked to illegal drugs, and six others in a gunbattle that erupted Sunday when they reportedly resisted arrest, officials said. Officers were to serve warrants for the arrest of Mayor Reynaldo Parojinog Sr., his daughter, who is the vice mayor, and four other officials of Ozamiz city when they allegedly opened fire. Parojinog, who also faced corruption charges, had denied any links to illegal drugs. He was the third mayor to be killed under President Rodrigo Duterte's bloody crackdown on drugs, which left more than 3,000 dead in reported gunfights with police and has been widely criticized by Western governments and human rights groups. The officers were "met with volleys of fire from (the mayor's) security, prompting the Philippine National Police personnel to retaliate," Chief Superintendent Timoteo Pacleb said in a

statement. He said that Parojinog and six relatives and bodyguards died in his farm house. The mayor's wife was reportedly among the dead. Parojinog's daughter, Vice Mayor Nova Echaves, was arrested, Pacleb said.

MONDAY, JULY 31, 2017 **27** SAIPAN TRIBUNE

Life & Style

Elizabeth Smart finally ready for a movie to tell her story

BEVERLY HILLS, Calif. (AP)—A roundup of news from the Television Critics Association summer meeting, at which TV networks and streaming services are presenting details on upcoming programs.

SMART PERSPECTIVE

Elizabeth Smart said it required years for her to participate in a movie about her kidnapping ordeal.

Smart said Friday that she couldn't have done so immediately after her abduction from her Salt Lake City home in 2002 at age 14. She was rescued nine months later, and said Friday she was eager to "run away" from the experience.

Even as an adult, Smart said it took time and serious discussion with producers for her to agree to work on Lifetime's "I Am Elizabeth Smart."

Smart said she began to realize that such a project could make a difference. She narrates the drama, which stars newcomer Alana Boden as Smart and Skeet Ulrich as her abductor.

"I will say that it is the best worst movie I've ever seen. I mean, I think it's so well done. I think it was accurate," she said. "I'm very proud of it, but at the same time, part of me thinks I'll be happy if I never have to watch it again.

Smart took advantage of her appearance at a TV critics'

meeting to promote AMBER Alert, designed to help locate missing children with alerts distributed through media, email and other means. Smart asked that promote the system and activate it on their smart phones.

"I Am Elizabeth Smart" debuts Nov. 18 on Lifetime, preceded by a two-part documentary on Nov. 12 and 13 that Lifetime said will include new information on the case and detail Smart's life today.

A ripped-from-the-headlines TV movie about the crime, "The Elizabeth Smart Story," aired in 2003.

Brian David Mitchell, a Utah street preacher, was convicted of kidnapping and raping Smart and sentenced to life in prison.

FLINT'S FURY

Melissa Mays, a resident of Flint, Michigan, came armed to discuss the city's tainted water crisis and a new Lifetime TV movie dramatizing it.

Mays, speaking to a TV critics' meeting Friday, pointed to several bottles she had filled with her tap water and challenged the room to taste or even smell it. There were no immediate takers.

The activist, who said the battle over water safety continues, is among the residents portrayed in Lifetime's movie titled "Flint," debuting Oct.

28. Mays is played by Marin Ireland, who co-stars with Betsy Brandt, Jill Scott and Queen Latifah.

Executive producer Neil Meron said the film is intended to Smart spotlight what happened in Flint, including how a united community and "the



voice of the people" can force

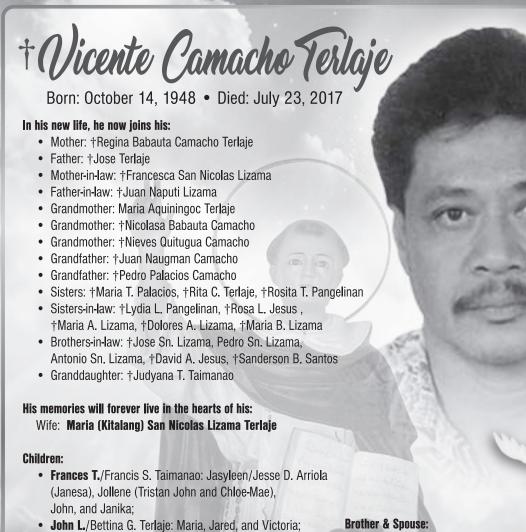
officials to act. Mays said there

have been successes, including the outcome of a lawsuit to get half of the service lines replaced, although not the main lines or interior plumbing.

"So one of the things we hope come out of this is to let people know it's still not over. It's not even close to over," she said. The movie is intended to honor Flint victims by telling the story "that even in a poor, broken, poisoned town, we banded together, and we fought. We fought, and we win."

In 2014, a switch of Flint's water source and failure to add corrosion-reducing phosphates allowed lead from old pipes to leach into the water. Elevated levels of lead, a neurotoxin, were detected in children, and 12 people died in a Legionnaires' disease outbreak that experts suspect was linked to the improperly treated water.

An ongoing investigation has led to charges against 13 current or former government officials, including two managers who Republican Gov. Rick Snyder appointed to run the city.



Pope's choir launches US tour as it seeks to recapture glory

VATICAN CITY (AP)—The Vatican's Sistine Chapel Choir is embarking on its first U.S. tour in 30 years, hoping to show audiences in New York, Washington and Detroit that it has abandoned the habits that earned it a reputation as the "Sistine Screamers."

The group of 20 adults and 30 boys, colloquially known as the "Pope's Choir," is the world's oldest choir. It started singing for pontiffs about 500 years ago. Today, the choir performs regularly in the Sistine Chapel below Michelangelo's masterpieces, at Masses the pope celebrates in St. Peter's Basilica and for international concert appearances.

Hearing the singers' dulcet tones today, it's hard to imagine they earned the nickname the "Sistine Screamers" a few years back for their habit of belting out their numbers operatically, relying on volume instead of technique.

"Truly, they were singing in a manner that had no relation to the old music," choir master Monsignor Massimo Palom-

To return the choir to its early glory in the 16th century, when the group attracted the best singers in Europe, Palombella did extensive research. He sifted through the Vatican archives, studying music manuscripts and analyzing the handwriting of Renaissance composers.

These days, the choir once again is drawing talent. Its current members include singers from Poland, Britain, Brazil and Argentina. Diegogaston Zamediom 40, says being the first Argentine singer in the choir of the first Argentine pope is the "maximum of the maximum."

Palombella, who named choir master in 2010 and was recently reconfirmed, hopes the concerts in the U.S. will effectively "communicate the image of God and spirituality that this music brings with it."

Enrico Torre, a 27-year-old alto, said he is looking forward to visiting New York so he can catch a Broadway musical.

- Gina Ann T. Hazen/Marvin I. Deleon Guerrero: Reina Lyn (Reniah), Allen Jr., Kingston, Gino and Remalyn Deleon Guerrero;
- Vince L./Jacoba Merced R. Terlaje: Johnavin Keo
- Jacody L. Terlaje

Caregiver: Resurecion Satumira

Sisters & Spouse:

- †Maria T./Antonio A. Palacios (Connie) & Children
- †Rita C. Terlaje/†Julian Q. Reyes (Ellen) & Children
- Annie T. /Frank Pickelsimer (Frank J. Pickelsimer, III)
- Maria Elena C./Jesus H. Sablan & Children
- Antonia T./Donald Woodworth & Children
- Magdalena T./Mark Hazen & Children
- †Rosita T./Mark S. Pangelinan & Children

• Jose T./ Elizabeth Q. Terlaje & Children

Sisters-in-law & Spouse:

- †Lydia L./Juan O. Pangelinan (Aida) & Children
- †Rosa L. /†David Jesus & Children
- · Magdalena L./Daniel Ubedei & Children
- Ana L./Joseph E. Santos & Children
- Remedio L./Joseph B. Babauta & Children

Brothers-in-law & Spouse:

- †Jose Sn./†Maria A. Lizama & Children
- Manuel Sn./†Dolores A. Lizama & Children
- †Pedro Sn./†Maria B. Lizama & Children
- †Antonio Sn./Martha J. Lizama & Son
- Juan Sn./Florentina A. Lizama & Children
- Jesus Sn./Trinidad A. Lizama & Children

Daily Mass of Intention for the repose of his soul is being celebrated each evening at 6:00pm at San Vicente Church. On Saturday and Sunday, mass will be at 5:30pm. Funeral Services will be held on Tuesday, August 01, 2017. His remains will be escorted from Nuestra Senora dela Paz Memorial Chapel at 7:30 am to Our Lady of Mt. Carmel Cathedral. Responso Service and Holy Rosary will take place upon arrival of remains. Mass of Christian Burial will be celebrated at 11:00 am followed by Interment Service where he will laid to a peaceful rest. Please join us in prayers,

Maira "Kitalang" San Nicolas Lizama Terlaje, Children and Family

Linkin Park singer's widow opens about husband's death

NEW YORK (AP)—The widow of late Linkin Park singer Chester Bennington says she's feeling the love from the rocker's fans but she's also feeling the loss.

Talinda Bennington said in a statement late Thursday she wants "to let my community and the fans worldwide know that we feel your love. We feel your loss as well."

Chester Bennington hanged himself from a bedroom door in his home near Los Angeles last week. His death was ruled

"One week ago, I lost my soulmate and my children lost their hero—their Daddy. We had a fairytale life and now it has turned into some sick Shakespearean tragedy. How do I move on? How do I pick

up my shattered soul?" Talinda Bennington wrote. "The only answer I know is to raise our babies with every ounce of love I have left."

Chester Bennington was the father of six children, including three with Talinda.

Linkin Park rose to fame after releasing its debut album, "Hybrid Theory," in 2000. It sold more than 10 million albums and was highlighted by Chester Bennington's screeching signature vocals. The band went on to become one of music's top-selling acts and won accolades that included Grammy Awards.

Following his death, the band announced it would cancel its tour, which would have begun this week.

Talinda Bennington said



she knows his fans, family and

ter's) memory alive." "He was a bright, loving

the Warner Bros. Records offices in Burbank, Calif., Friday, July 21, 2017. soul with an angel's voice. And now he is pain free, singing his songs in all of our hearts," she continued. "May God bless us all and help us

Fan David Gardner takes pic-

tures of photographs of singer

Chester Bennington, the front-

man for the rock band Linkin

Park, displayed on the front of

turn to one another when we are in pain. Chester would've wanted us to do so. Rest In Peace, my love." Bennington was found dead on what would have been the 53rd birthday of Soundgarden frontman Chris Cornell, who hanged himself in May. The

two were friends and Bennington was the godfather to Cornell's 11-year-old son, Chris.

Your life was a blessing, your memory a treasure Your love beyond words, missed beyond measure

... In Celebration of His New Life Manuel Rufag Sablan "Oghaisiyóóng"

January 23, 1950 – July 24, 2017

In His New Life be now joins bis:

WIFE: Julien D. Sablan SON: Ramon D. Sablan

FATHER: Silvestre Torres Sablan MOTHER: Maria Malus Rufag Sablan

BROTHERS: Joaquin R. Sablan, Jesus R. Sablan, Fernando R. Sablan and Vicente R. Sablan

SISTER: Consolacion S. Rasiang

FATHER/MOTHER IN-LAW: Ismael Amata Daniel &

Rije Buien

BROTHER/SISTERS IN-LAW: Francesca R. Sablan, Sylvester R. Rasiang, Kazuko Daniel, Eita D. Tallur

His memories will forever live in the hearts of his:

DAUGHTERS (spouse w/children): Esther S. & Marvin Seman (Keith James, Tommy Vincent, Marvin Darien); Irene S. & Bill J. Sigrah (Zachary Colby, Livingston Ramon, Jesse Bill, (Ana & Ivan-Gabriel Angel), Sylvestre James); Patricia S. & Rosendo I. Itibus (Damien Shane & Leodine (Sophie & Damien Paul); Joshua Russ & Jenevine (Nohea Ha'ane, Zion Ross); Kozo Christian & Edel, Patrick Noah, & Josie Makyla); Nicasia Remy D. Sablan (David Johnathan, Ismael Amata, Cody Josiah & Daisiah); Immaculada S. & Anthony Jack

Ogumoro (Nyla Julie, Anthony John, Loralye' Lynn); Rose Marie S. & Norman L. Skilling (Norman Russell, Roman Jae, Jayden Kris, Ros'an Jaydene); Engracia S. & Romaldo Jr. Teregeyo (Marlie Cloe, Roman Cole, Romalie Neitiana, Saidie Jace, Serenity Remedio); Sonya Mylie Daniel & Johnathan Pelisamen (Jermiah Mason)

SON: Manuel Jr. D. Sablan (Megan Hope SN. Pangelinan)

BROTHERS/SISTERS IN-LAW: Daniel Daniel, Andres Daniel, Limouse Daniel, Mary Camacho, Frances C. Sablan, Fang Sablan

He is also survived by numerous Aunts, Uncles, Cousins, Nieces, and Nephews.



Daily mass is being offered at 6:00 am at San Jose Church except Wednesday & Saturday at 6:00 pm and Sunday at 7:30 am/9:00 am. Holy Rosary is being said nightly at San Jose Church at 7:30 p.m.

On August 1, 2017 his remains will leave the CHCC Chapel at 7:00 am and will be escorted to San Jose Church for viewing and last respects. Mass of the Christian Burial will be celebrated at 10:30 am followed immediately interment services at the Chalan Kanoa Cemetary where he will be laid to rest.

Your thoughts, presence and most especially your prayers are sincerely appreciate.

Un Dangkulo Na Si Yu'us Ma'ase and Olomway from the Family

friends "will help keep (Ches-

BEVERLY HILLS, Calif.

(AP)—Pratfalls, gags, or dry

wit, Nicole Kidman says she'd

never gets offered comedic roles

and she'd like to change that.

The Oscar-winner says she

"They always say I'm not

funny," said Kidman Saturday

at a panel for TV critics to talk about her upcoming role in

the second installment of Sun-

danceTV's "Top of the Lake."

she's at a point in her life where

she's eager to try anything and

"I'm willing to fall on my

face, I'm willing to get back

up again. I want to keep try-

She also added that she's

learning about comedy from

her 9-year-old daughter with

her husband Keith Urban,

whom she's "sure has Lucille

Speaking to a group of re-

porters after the panel, Kidman

said she grew up watching

comedy shows like "I Love

Lucy" and her father was a fan

isn't worried about failure.

ing," she said.

Ball in her."

The 50-year-old actress said

love to give them a shot.

Known for drama chops, Nicole Kidman is eager to do comedy

Magazine.

she said.

of the satirical MAD "The thing that makes me close to people is laughing with them. I love it,"

"Top of the Lake: China Girl" de- Kidman buts will air on three consecutive nights beginning Sept. 10 on SundanceTV.

Kidman plays the adoptive mother to the daughter Elisabeth Moss' character gave up at birth for adoption.

TRUTH WILL OUT

Joanne Froggatt and Ioan Gruffudd say they relish playing against type in their new TV series, "Liar."

The contemporary psychological thriller debuts Sept. 27 on SundanceTV.

The miniseries follows Froggatt as Laura and Gruffudd's Andrew, who go on a first date that leads to violent accusations. The six-part drama looks at both sides of the story before revealing the truth of what happened.

Froggatt told a TV critics' meeting Saturday that she loved playing the kind-hearted Anna in "Downton Abbey," but she said "it's nice

to play the baddie sometimes, too."

Whether or not Laura ends up the bad gal in "Liar" remains to be seen. Froggatt would only say she makes questionable choices.

Gruffudd, who has previously played debonair characters like in "Forever" on ABC or "Ringer" on The CW, enjoys playing a potential antagonist.

"There is something behind that veneer that is slightly disturbing," he said of Andrew, who is a respected surgeon. "For me personally it was an incredible opportunity to play this kind of part. It's a part I've been itching to play for many,

Minor league baseball team pays homage to Bruce Springsteen

LAKEWOOD, N.J. (AP)— When it comes to his most favorite things in life, Matt Young says there's nothing better than baseball—except been hooked ever since." Bruce Springsteen.

Young was among the thousands of fans who came out Saturday night for the 10th annual "Bruce Springsteen Appreciation Night" staged by the Lakewood BlueClaws, a New Jerseybased minor league affiliate of the Philadelphia Phillies who play their games in the South Atlantic League.

"I fell in love with his music when I was a kid, when I first heard my brother playing his "Born to Run" album," Young, 44, of Toms River, said about Springsteen. "I then started listening to his earlier stuff, and I've

Springsteen, a big baseball fan, grew up in Freehold, which is about 30 minutes from FirstEnergy Park, the stadium where the BlueClaws play their home games. He's attended a few games there over the years and team officials said they would be thrilled if he decided to attend this year's festivities.

"This area is his roots, and Bruce has so many fans and so much support here, so this is always one of the biggest nights of our season," said Jim DeAngelis, vice president of community relations for the team. "People are always asking if he's going to be here (for the annual appreciation event), and we tell them 'we never know."

The festivities included a pre-game concert by the E-Street Shuffle, a Springsteen tribute band, and the first "Born to Run Beer Mile" race, in which participating fans got a beer for each lap they completed around the field's warning track. The first runner to finish three laps and three beers was declared the winner.

Laurene Powell Jobs, Steve Jobs' widow, buys The Atlantic

NEW YORK (AP)—Philanthropist Laurene Powell Jobs, the widow of Apple founder Steve Jobs, is buying a majority stake in The Atlantic magazine.

The value of the sale, made through Jobs' organization, Emerson Collective, was not disclosed.

The Atlantic was founded in Boston in 1857. David Bradley bought it 1999 from New York Daily News publisher Mort Zuckerman for \$10 million, according to an Atlantic story Friday. He moved the magazine to Washington in 2005.

Bradley's company says he will continue to run the Atlantic for the next three to five years, and its editor-in-chief, president and publisher will keep running daily operations.

Emerson Collective, which focuses on education, immigration reform and environmental causes, has other media investments and grants in film, TV production and journalism.

Brooks, Yearwood buy wedding gifts for fans

LAFAYETTE, La. (AP)— Married country stars Garth Brooks and Trisha Yearwood are sharing the love by handing out wedding gifts to fans.

Jude and Jamie Blanchard attended Brooks' show in Lafavette. Louisiana, last month with a sign that read: "Best Week Ever. Garth this Friday, our wedding next Friday." Brooks took notice and serenaded them with "To Make You Feel My Love." He also

asked if they wanted anything off their wedding registry, and Jamie passed along a wedding invitation to the stage.

The Lafayette Daily Advertiser reports a pair of lounge chairs, a KitchenAid mixer and other items from the stars showed up at the Blanchards' door. This month, Brooks and Yearwood offered to pay for a Hawaiian honeymoon for a couple who got engaged at an Oklahoma City show.



In this Nov. 2, 2016, file photo, Garth Brooks, left, and Trisha Yearwood perform at the 50th annual CMA Awards at the Bridgestone Arena in Nashville, Tenn.



In this Feb. 24, 2017, file photo actor George Clooney and Amal Clooney arrive at the 42nd Cesar Film Awards ceremony at Salle Pleyel in Paris.

Clooney threatens prosecution over pics of baby twins

George Clooney says photographers who captured images of him and his wife, human rights lawyer Amal Clooney, cradling their newborn twins will be "prosecuted to the fullest extent of the law."

The pictures published by French magazine Voici were taken at the Clooneys' residence in the Lombardy region of Italy.

The magazine claims the photos are the first to be

made public of twins Ella infants inside our home." and Alexander, who were born June 6.

The actor says the photographers "scaled our fence, climbed our tree and illegally took pictures of our

He adds that the photographers, the photo agency and the magazine will face prosecution because the safety of the couple's children "demands it." (AP)

Katie Couric leaving Yahoo news site

NEW YORK (AP)—Katie Couric is leaving the online company Oath, formerly Yahoo, where she has been conducting interviews and reporting news since 2014.

The former "Today" show host and "CBS Evening News" anchor will be concentrating on production work for the time being. A representative for Couric said Friday she turned down an opportunity for a short-term contract extension at Oath.

Couric is working on a documentary with National Geographic, where she did a project on gender revolution recently. She's her husband John Molner.

producing a scripted series for Netflix, hosts a podcast where she interviews figures in news and pop culture, and produces "Scraps," a cooking and travel series for the FYI network.

The 60-year-old Couric also hosts an online cooking series with



Couric

Vigilant moms can't shy away from asking about gun safety

EAR ABBY: I am a Yale-trained pediatric nurse with a post-master's as a psychiatric nurse practitioner. I respectfully ask that you retract your answer to "First-Time Mom in New Jersey" (June 21). I'm concerned your response will encourage other mothers to buy into the incorrect assumption that it's "impolite" to ask questions that ensure their child's safety.

You should have encouraged and empowered "First-Time Mom" to politely ask about the presence of weapons in the other parents' homes, and if so, how they are stored. It's important information for her to have.

If she has every playdate at her house and refuses to go to another home because she's afraid to ask about gun safety. eventually the other mothers will pick up on the fact that she doesn't trust their child-rearing capabilities, but won't know why. If these potential friends don't have unsecured firearms, or if they do and they are properly and safely stored, your advice will prevent healthy, honest friendships from developing, which will socially isolate her.

How will she ever ensure a break for herself by allowing and encouraging her child to socialize at another trusted mother's home she knows to be safe? Your advice will only isolate "First-Time Mom" further and put her and her toddler at great risk. COLLEEN M. SULLIVAN, RN, MSN, CPNP

DEAR COLLEEN: Of course you are right. The woman's question wasn't about etiquette. It was about child safety. A large number of readers besides you agreed my perspective

DEAR ABBY By ABIGAIL VAN BUREN FROM UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



was off. I have heard all of you loud and clear, and I apologize. I SHOULD have advised: "You are responsible for your child's welfare. Part of assuring her safety involves asking whether weapons are on the premises and, if so, what safety precautions have been taken. (The same is true for prescription drugs, swimming pools, caustic chemicals and foods to which your child is allergic.) You should also ask if the children will be under parental supervision at all times. If anyone feels concern for your child's safety is presumptuous, do not allow your child to play there. Suggest instead that the children play at your house."

Read on for more perspectives:

DEAR ABBY: I am a pediatrician and a mother. Your advice to "First-Time Mom" about gun safety runs counter to the recommendation of the American Academy of Pediatrics as well as numerous gun violence protection groups.

Research shows that guns are present in one in three homes, and that one in three of those guns is kept loaded and unlocked, posing a risk to children. This is why I routinely recommend that parents inquire about the presence of guns and storage methods at the homes their children visit. I also urge them to discuss with their CHILD the importance of never touching a gun and immediately notifying an adult if they come across a gun or are shown one by another child.

JESSICA MOWRY, M.D.

DEAR ABBY: Probably the toughest call a cop has is a shooting where one child gets ahold of a loaded, unsecured gun and accidentally kills his sibling in child's play. As an adjunct professor in criminal justice, I ask my students how many of them know someone who was involved in a gun suicide, homicide, assault,

Parents should be able to politely ask whether a gun is in a house where their children regularly play. Sometimes the owners are not as responsible as they should be.

accident or other crime. Typically, one-third of the hands go up.

CHESTER J. KULIS, ILLINOIS

READERS: More on this subject tomorrow. It's important, so stay tuned.

To receive a collection of Abby's most memorable-and most frequently requested-poems and essays, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby-Keepers Booklet, P.O. Box 447, Mount Morris. IL 61054-0447. Shipping and handling are included in the price.

30 MONDAY, JULY 31, 2017 SAIPAN TRIBUNE

Pastimes

Calvin and Hobbes









By Bill Waterson

Garfield®







Adam@home

19 Dis-

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By Bryan Basset

The Duplex

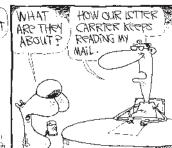
By Glenn McCoy

By Jim Davis









CROSSWORD		By Eugene Sheffe		
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7 - 31

14 23 26 29 30 46 55 56

or answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch STUMPED? tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Rico Rodriguez, 19; Zac Brown, 39; J.K. Rowling, 52; Wesley Snipes, 55

Happy Birthday: Think big, but don't go overboard. Taking the initiative to make plans and explore all your options will help you learn how to better hone your skills, exercise your experience and master a flawless execution of whatever it is you want to pursue. Time, patience and a solid strategy will bring about the changes you want to see happen. Your numbers are 7, 13, 19, 28, 31, 37, 45.

ARIES (March 21-April 19): An energetic, progressive approach to whatever vou do will bring satisfaction and the desire to do more. Gather facts and find out information firsthand. Someone is likely to lead you astray regarding what's expected of you. OOO

TAURUS (April 20-May 20): Problems will develop at home if you haven't been paying enough attention to your personal obligations. Use your ingenuity and imagination to come up with a plan that will satisfy both you and those you love. ***

GEMINI (May 21-June 20): Stay active, make contributions and take on challenges that will encourage you to try new things. A change in the way you look will make someone influential take notice. A partnership will encourage personal growth.

CANCER (June 21-July 22): Do something different. Take any opportunity to gather insight and information that will help you understand those you are dealing with daily. Knowledge is a powerful tool that will help you get ahead. Let your imagination and creativity expand. OOOOO

LEO (July 23-Aug. 22): Put your excess energy to good use. Letting the little things get to you will only impede your progress. Stay focused and you will make headway. Run your personal affairs in a unique and private manner and you'll avoid interference.

VIRGO (Aug. 23-Sept. 22): Be careful what you say or how you respond to others. Someone is likely to set you up if you aren't doing your own fact-checking. Don't believe everything you hear or you will limit your chances to advance.

LIBRA (Sept. 23-Oct. 22): You may crave change, but don't jump into something without checking it out first. Problems at home will develop if you are indulgent or spend too much. Emotional balance, integrity and fair play will be necessary to avoid criticism. 🛇 🔾 🔾

SCORPIO (Oct. 23-Nov. 21): Don't venture too far from your usual routine. Minor incidents will put you in a vulnerable position. Refrain from making promises or counting on someone else to take care of your responsibilities. Personal growth is favored. •••

SAGITTARIUS (Nov. 22-Dec. 21): Dig in and get things done. You'll have to keep up and refrain from cutting corners

that will make your contributions look shabby. There are profits to be made if you secure your position and do your best.

EUGENIA

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Make alterations for the right reasons. Know in your heart that you are doing what's best for everyone involved. A practical outlook combined with original ideas will help you surpass any challenge you meet along the way.

AQUARIUS (Jan. 20-Feb. 18): Consider all the angles and follow through with positive action. It's up to you to set boundaries and enforce the changes you want to see happen. Take charge and you'll have no regrets. Hard work will pay off. 👀

PISCES (Feb. 19-March 20): A personal pick-me-up will help turn a negative situation into a positive. Focus on personal gains and growth. Set your goals and don't deviate from the course until you reach the finish line. Aim high and reap the rewards. ****OCCO**

Birthday Baby: You are enthusiastic, sensitive and creative. You are clever and opportunistic.

Eugenia's website—eugenialast.com, Eugenia's android app @ http://bit.ly/exhoro and join Eugenia on twitter/facebook/linkedin.

HOW TO PIAY: All the words listed below appear in the puzzle — horizontally vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

NOSREDNABOURBON

SCAPEOSURCLURAA

OBEMASONJRADCPE

SSELREWOPPRBEEL BATOYSHEAZS

LRHTRJNYTROUR

BLAEIOAUCSKRMER OAVDNMGAJÜRRITE

WASHINGTONINAGP FWILLIAMULLETSN

RWEETYVIAASORN TALALELRORR @ PUN S L B I L L I E L O U H (H) H ELMARCELLENYAWA

NYRREPPGAMESU

OUELLET

Solution: 9 letter

Conceptis Sudoku

By Dave Green

7/31

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Difficulty Level *

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Friday's SUDOKU Answer

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1	2	8	7	9	4	3	6	5	l		
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Wonderword

ADAM WEST (1928-2017)

Anderson, Audrey, Batcave, Batman, Beat, Billie Lou, Bourbon, Brave, Bruce, Cape, Crusoe, Family Guy, Games, Hooper, Host, Hunter, Jill, Jonelle, Joyride, Lear, Marcelle, Mason, Mullets, Ngahra, Nina, Painter, Perrin, Perry, Pet Star, Powerless, Primus, Ratko, Rifleman, Robinson, Speer, Toys, Walla Walla, Washington, Wayne, West, William, Zorro Last Friday's Answer: Golf Course

To purchase WONDERWORD books. visit www.WonderWordBooks.com, or call 1-800-642-6480

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SAIPAN TRIBUNE MONDAY, JULY 31, 2017 **31**

CEMENT LABORER

Cement handling equipment experience preferred. Will train motivated individuals. Wages - \$8.25 per hour

Apply in person at Hanson Micronesia, Cement Inc. Tel: 670 322-3333



PROCUREMENT AND SUPPLY

Commonwealth Healthcare Corporation REQUEST FOR PROPOSAL (RFP)

RFP-17-CHCC/PHARMACY-20 SUBMISSION DEADLINE: August 3, 2017 BID OPENING DATE: August 3, 2017

TIME: 1:00PM

"AREA 10 RENOVATION- PHARMACY, COMMONWEALTH **HEALTHCARE CORPORATION**"

MANDATORY ON-SITE ASSESSMENT

A MANDATORY ON-SITE ASSESSMENT OF THE PROJECT AREA WILL BE HELD AT 9.00AM, MONDAY, JULY 31, 2017. ALL INTERESTED VENDORS MUST ATTEND. THE DESIRED DESIGN CONCEPT WILL ALSO BE AVAILABLE FOR REVIEW. COPIES OF THE RFP PACKET MAY BE PICKED -UP AT CHCC PROCUREMENT AND SUPPLY DIVISION-MEDICAL SUPPLY

THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSALS AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL, IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMONWEALTH HEALTHCARE CORPORATION.

/S/ ESTHER L. MUNA CHIEF EXECUTIVE OFFICER

STORAGE FACILITY LOWER BASE SAIPAN, DURING REGULAR WORKING HOURS

WESTERN SALES TRADING COMPANY

One (1) Operations Manager

Qualifications: Bachelor's degree with a major in Management (may be foreign equivalent) and one (1) year experience as Operations Manager for a wholesaler or retailer of wines and/or spirits. Work eligibility in the CNMI. Highly organized; Understanding of Stock Management Systems; Ability to manage time and workload effectively; Leadership Skills; Ability to work in a team environment; Strong problem solving skills; Strong attention to detail; Ability to engage and motivate others; Drive to achieve

Duties: Manages and directs the company's operations. Oversees the daily working of warehouse operations. Plans, manages, and implements schedules to ensure deadlines are met, and maintains a high quality standard of products and delivery. Manages the stock control, and check that inventory records are accurate. Assists corporate officers in planning. formulating, and implementing periodic modifications to the company's business goals, marketing strategies, merchandising policies and operational procedures. Manages and directs the company's sales and marketing in conformity and consistent with the company's sales policies and marketing strategies; monitoring overall sales and marketing activities; Assists the corporate officers with directing the development of new business prospects for the company, including conducting and overseeing feasibility analyses and cost assessments for expansion into new product lines and market areas, and directing the expansion of the company into viable new market. Exercises decision making authority over the operations and functions of company. Coordinates operational plans and activities with Finance/Admin Department.

If interested, send resume to Western Sales Trading Company by email to bello.lumintegar@gmail.com or by fax at 670-322-9408. Proof of qualifications and police clearance required within three days of hire.



COMMONWEALTH CASINO COMMISSION

ommonwealth of the Northern Mariana Island P.O. Box 500237, Saipan, MP 96950 Tel: 1 (670) 233-1857 • Fax: 1 (670) 233-1856 Email: info@cnmicasinocommission.com



PUBLIC NOTICE

Pursuant to the Open Government Act, Governor Ralph DLG, Torres, and Lt. Governor Victor B. Hocog, through the Commonwealth Casino Commission ("Commission"), hereby give notice that the Commission has scheduled a Special Meeting on Thursday, August 3, 2017 at 10:00 a.m. at the Joeten-Kiyu Public Library (Technology Room) in Susupe, Saipan,

The following Agenda will be discussed:

PRELIMINARIES:

- A. Call to Or B. Roll Call
- Adoption of Agenda
- C. Adoption of Agenta
 D. Adoption of Minutes: July 20, 2017

REPORTS:

- Report by the Chairman
- B. Report by the Executive Director

III. PUBLIC COMMENTS

OLD BUSINESS:

- A. Imperial Pacific International (CNMI), LLC: Organizational Chart B. IPI Compliance Issues

NEW BUSINESS VI. EXECUTIVE SESSION:

- Report by the Legal Counsel
- A. Report by the Legal Counsel
 B. IPI AML Compliance Audit and Financial Matters

VII. MISCELLANEOUS MATTERS:

VIII. ADJOURNMENT

Pursuant to Public Law 8-41, Section 13(a)(7) and Section 13(c), the Commission may vote to meet in Executive Session. In addition, the Commission may extend its official meeting for another day or more if necessary

Chairman

Commonwealth of the Northern Mariana Islands NORTHERN MARIANAS HOUSING CORPORATION

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Gardner's walk-off single leads Yankees past Rays, 5-4



NEW YORK (AP)—Brett Gardner hit a

tiebreaking single in the ninth inning, and the New York Yankees beat the Tampa Bay Rays 5-4 on Saturday for their sixth straight victory.

Chase Headley started the New York ninth with a leadoff walk against Brad Boxberger (2-3). Pinch-runner Jacoby Ellsbury stole second and Todd Frazier was hit by a pitch. After Ronald Torreyes' single loaded the bases, Boxberger was replaced by Dan Jennings.

Gardner, who homered in the 11th inning to give the Yankees a 6-5 victory on Thursday, then singled up the middle for his second gamewinning hit of the series.

Headley and Gary Sanchez homered for AL East-leading New York. Aroldis Chapman (4-1) worked the ninth for the win.

Lucas Duda, Peter Bourjos and Steven Souza Jr. connected for Tampa Bay. Duda, who was acquired in a trade with the New York Mets on Thursday, also had a sacrifice fly.

Dodgers 2, Giants 1

In Los Angeles, Corey Seager had three hits, Cody Bellinger drove in two runs and the Dodgers earned their seventh straight victory.

Rich Hill (8-4) pitched twohit ball into the sixth inning as the major league-leading Dodgers won for the 38th time in 44 games. At 73-31, they are 42 games over .500 for the first time since finishing 102-60 in 1974.

Kenley Jansen worked the ninth for his 26th save in 27 opportunities, striking out Jae-Gyun Hwang with runners on first and second for the final out. The closer also allowed a leadoff single to Miguel Gomez, but he was promptly erased when Hunter Pence bounced into a double play.

Hunter Pence homered for San Francisco, which finished with four hits. Ty Blach (6-7) allowed two runs and eight hits in seven innings.

Red Sox 9, Royals 8, 10 innings

In Boston, Sandy Leon slid into home plate and avoided catcher Drew Butera's tag on Eduardo Nunez's groundout in the 10th inning, lifting Boston past Kansas City and ending the Royals' nine-game winning streak.

Nunez also hit two solo homers over the Green Monster. He is 5 for 9 in two games since being acquired from San Francisco for two minor league pitchers on Tuesday night.

Lorenzo Cain connected for a three-run homer and Whit Merrifield had a career-best four hits for the Royals, who were looking to match their



longest win streak since June 2014. Mike Minor (5-3) got the loss.

The Red Sox had lost five of six. They remained a half-game behind the AL East-leading New York Yankees.

Matt Barnes (6-2) pitched a scoreless inning for the win.

Indians 5, White Sox 4

In Chicago, pinch hitter Brandon Guyer was hit by a pitch with the bases loaded and two outs in the ninth inning for the go-ahead run, and Cleveland beat Chicago for their ninth straight victory.

Corey Kluber struck out 12 in 6 1/3 innings for Cleveland, and Carlos Santana went 1 for 1 with four walks. The AL Central-leading Indians moved three games ahead of second-place Kansas City, which lost 9-8 at Boston in 10 innings.

Jose Abreu hit a three-run homer for the White Sox, who have dropped 14 of 15.

It was 4-all when Chicago reliever Aaron Bummer (0-1) walked Santana with two outs in the ninth and Austin Jackson singled. Gregory Infante came in and hit Yan Gomes with a pitch, then plunked Guyer in the shoulder to force in a run

Andrew Miller (4-3) pitched 1 2/3 scoreless innings for the win. Cody Allen got three outs for his 19th save.

Cubs 2, Brewers 1, 11 innings

In Milwaukee, Jason Heyward homered in the 11th inning, and the Cubs strengthened their hold on first place in the NL Central.

Kris Bryant had three hits,

including a tying RBI single in the seventh inning, as the Cubs improved to 12-3 since the All-Star break. Mike Montgomery (3-6) worked the 10th for the win and All-Star closer Wade Davis got three outs for his 21st save in 21 chances, striking out pinch hitter Jonathan Villar with a runner on first for the final out.

Second-place Milwaukee pulled within a half-game of Chicago with a 2-1 victory in the series opener Friday night. But the Cubs responded with their fourth win in five games overall.

Heyward drove a 1-1 slider from Jared Hughes (3-3) over the wall in right-center for his eighth homer with one out in the 11th.

Orioles 4, Rangers O

In Arlington, Texas, Texas star Adrian Beltre singled to get within one hit of 3,000 for his career, but Kevin Gausman and Zach Britton combined for Baltimore's sixth shutout this season.

Beltre was 1 for 4, grounding a ball through the left side for a hit leading off the fourth. He had two chances to become the 31st major leaguer with 3,000 hits, but grounded out to shortstop in the sixth and was retired on a double play in the ninth.

Gausman (8-7) pitched 8 2/3 innings to win his fifth consecutive decision over seven starts. Britton converted his 56th straight save chance, and seventh this season.

Trey Mancini and Caleb Joseph both hit solo homers in the second off Austin Bibens-Dirkx (3-1).

Mariners 3. Mets 2

In Seattle, Yovani Gallardo

took a shutout into the sixth inning, helping the Mariners stop Jacob deGrom's eight-start winning streak.

Gallardo (5-7), banished to the bullpen in mid-June, allowed one run and five hits in 5 2/3 innings in his second outing since returning to the rotation. Edwin Diaz allowed Michael Conforto's RBI single in the ninth before finishing for his 19th save.

DeGrom (12-4), bidding to become the first Mets pitcher to win nine consecutive starts in a single season, allowed two earned runs and five hits in six innings. He struck out 10 and walked one in his first loss since June 6.

Jarrod Dyson hit a two-run single in the second for Seattle, and Nelson Cruz added a sacrifice fly in the third.

Tigers 5, Astros 3

In Detroit, Jose Iglesias hit two RBI doubles and Matt Boyd pitched into the seventh inning, leading the Tigers to the victory.

Iglesias' second run-scoring double tied it at 3 in the seventh. Ian Kinsler then flared a single to center to give Detroit the lead.

Boyd (5-5) allowed three runs and eight hits in 7 1/3 innings. Justin Wilson, who could be on the move ahead of Monday's non-waiver trade deadline, pitched the ninth for his 13th save.

Making his second start of the season, Houston right-hander Collin McHugh allowed one run in six innings. Francis Martes (3-1) got the loss.

Evan Gattis hit a two-run homer in the first inning for the AL-leading Astros.

New York Yankees' Brett Gardner (11) celebrates with Aaron Judge after hitting a solo home run against the Tampa Bay Rays during the first inning of a baseball game, Friday, July 28, 2017, in New York.

Rockies 4, Nationals 2

In Washington, German Marquez carried a perfect game into the sixth inning and Trevor Story homered for Colorado.

Marquez (9-4) struck out a career-high 10 while allowing two runs and three hits over seven innings in his 20th career start.

Pat Neshek, who was acquired in a trade with Philadelphia on Wednesday, pitched a perfect eighth in his Rockies debut. Greg Holland completed a 1-2-3 ninth for his 32nd save in 33 tries.

Washington outfielder Bryce Harper went 0 for 4 to end his 19-game hitting streak. Tanner Roark (8-7) labored through five innings, allowing four runs and five hits with four walks.

Marlins 7, Reds 3

In Miami, Adam Conley won consecutive starts for the first time this season, Christian Yelich hit a three-run homer and Miami earned its fourth straight victory.

Dee Gordon had three hits for the Marlins, and Giancarlo Stanton drove in two runs. Conley (4-3) went 7 2/3 innings, allowing two runs and five hits while striking out a season-best seven.

Joey Votto hit his 27th homer and Adam Duvall also connected for the Reds, who have dropped six in a row and are 2-14 since the All-Star break. Tim Adleman (5-9) allowed six runs and six hits in 4 1/3 innings.

Phillies 4, Braves 3, 11 innings

In Philadelphia, Ty Kelly hit a game-ending RBI single in the 11th inning, lifting the Phillies to the comeback victory.

Odubel Herrera hit a tying homer with one out in the ninth off Braves closer Jim Johnson. Herrera finished with three hits and two RBIs.

The Phillies loaded the bases in the 11th against Rex Brothers (1-1), and Kelly singled to left-center to score Tommy Joseph from third.

Hector Neris (3-4) pitched two innings for the victory.

The Braves have lost six of seven.

Angels 6, Blue Jays 5

In Toronto, Cliff Pennington hit a tiebreaking sacrifice fly in Los Angeles' three-run ninth inning, helping the Angels rally for the win.

Ben Revere hit an RBI double off Roberto Osuna (3-

1) and advanced to third when pinch-runner Kaleb Cowart scored on a wild pitch. Revere then scampered home on Pennington's fly ball to shallow center.

Los Angeles won for the 13th time in its past 17 games at Rogers Centre.

Troy Scribner (1-0) worked three innings to earn the win in his major league debut and Bud Norris got three outs for his 16th save.

Diamondbacks 7, Cardinals 1

In St. Louis, Paul Goldschmidt homered and drove in three runs for Arizona, and Zack Greinke pitched seven strong innings.

Greinke (13-4) allowed one run and four hits while improving to 5-0 in his last six starts. He struck out nine and walked one.

Cardinals starter Mike Leake (7-9) was charged with three runs and four hits over five innings.

Goldschmidt hit a two-run drive in the fourth and J.D. Martinez followed with another homer for a 3-1 lead.

Martinez has five homers and 12 RBIs in eight games since being acquired in a trade with Detroit on July 18.

Athletics 5, Twins 4

In Oakland, California, Rajai Davis hit a two-run homer in the ninth inning to rally Oakland to the win.

Pinch hitter Adam Rosales reached on a leadoff walk before Davis hit a drive to center against Taylor Rogers (5-3). Davis finished with four hits, breaking out of an 0-for-13 slump and helping Oakland manager Bob Melvin to his 1,000th career victory.

Matt Chapman also homered for the Athletics, who had lost six in a row. Daniel Coulombe (2-1) got the win.

Miguel Sano hit a two-run shot for the Twins, who lost for the fifth time in six games.

Padres 4, Pirates 2

In San Diego, Dinelson Lamet pitched two-hit ball into the seventh inning and fellow rookie Manuel Margot homered and scored twice, leading San Diego to its fourth straight victory.

Jose Pirela tripled twice for the Padres, and Hunter Renfroe doubled in a run.

Lamet (5-4) was charged with two runs in six-plus innings. Kirby Yates pitched the ninth for his first save of the season and second of his career

Pittsburgh lost its fourth straight and sixth in seven games overall.

Pirates right-hander Ivan Nova (10-8) was charged with four runs and eight hits in five innings.

Youth movement over, Steelers defense now all grown up



Pa. (AP)—Mike Tomlin's word choice was specific. That way,

nothing would get lost in translation.

The Pittsburgh Steelers coach believes the generational shift his defense was forced to undergo over the last five years is officially over. No more grinning and bearing the growing pains as the next wave learned on the job.

The time to stop making strides and start making a difference is now.

"I think that we have the pieces in place to be a dominant group, to be one of the best," Tomlin said Saturday as the defending AFC North champions opened training camp.

That's a phrase Tomlin hasn't uttered much during Pittsburgh's run of three consecutive playoff berths, a resurgence built on Ben Roethlisberger's right arm, Le'Veon Bell's quicksilver feet and Antonio Brown's weekly brilliance.

For the Steelers to end New England's grip on the AFC, a defense that was ranked outside the top 10 four straight years for the first time since the late 1980s needs to recapture some of the swagger that for so long was the franchise's trademark. And the men at the forefront know it.

"We set lofty goals and we want to hit them," said defensive end Cam Heyward, who missed the second half of last season with a torn pectoral muscle. "But we're not going to be measured by what anybody else says. We have our goals in mind and what we want to do on the field. The only way to accomplish that is to go out and do it. The talking is done."

And—the Steelers hope the learning curve the defense was forced to endure as the likes of Troy Polamalu, Brett Keisel, Ryan Clark and Casey Hampton retired is starting to level off.

The 2012 defense led by Polamalu that finished No. 1 in yards allowed featured seven starters over 30 and none under 25.

How quickly things have changed.

Only one of Pittsburgh's 11 projected defensive starters seemingly ageless 39-yearold linebacker James Har-



rison—will be over 30 when the Steelers visit Cleveland in the season opener on Sept. 10. Seven will be under 26. Oh, and none will be rookies.

"We're young and experienced, that's freaking scary, right?" said defensive end Stephon Tuitt, who wants to reach

double-digit sacks in 2017 after four last fall. "Every year we've gotten better. Every year we took a step. We got a taste of some things."

And a blunt reminder of how far they have to go. The proof came in a 36-17 AFC championship game loss to

the Patriots, when Tom Brady threw for 384 yards and three touchdowns.

The Steelers sat back in a zone on that chilly Sunday night, and Brady picked them apart like he was conducting a seven-on-seven drill.

remains fresh. The lessons learned too. Pittsburgh wants to have its secondary play more press coverage in 2017. The evidence was on the field at Latrobe High School on Saturday as second-year cornerback Artie Burns shad-Six months later, the pain owed Brown all over the field,

does not anticipate signing a

And nobody is saying ex-

"The more the better," of-

actly how the snaps will be div-

vied up during Luck's absence.

fensive coordinator Rob

Chudzinski said. "Certainly

the way we played this spring

and last season, Scott got a lot

of reps backup quarterbacks

don't normally get and that

Luck overshadowed every-

thing else occurring on the

The questions surrounding

has been a good thing."

first day of camp.

veteran free agent.

Pittsburgh Steelers coach Mike Tomlin walks between players as they warm up during practice at NFL football training camp at Latrobe High School in Latrobe, Pa., Friday, July 28, 2017.

challenging Brown in a way he rarely did as a rookie last summer.

"I'm going to try and follow him wherever I can, as much as I can," Burns said. "If I want to try and be the best I've got to guard him."

That's what Tomlin had in mind when he decided to spend the opening days of camp watching Burns keep Brown's ever-elusive No. 84 within arm's reach. Burns won as much as he lost, which was kind of the point.

"I'm just interested in creating a good environment, one that's geared toward competition. Those two guys like to compete," Tomlin said. "I think it's contagious. I think it turns others on. It helps cultivate the environment we're looking for."

Rookie first-round pick T.J. Watt is doing his best to fit into that environment. The linebacker (and younger brother of Houston Texans star J.J. Watt) has become Harrison's latest apprentice. Asked if big brother had any advice as he prepared for his first camp, Watt responded, "keep your mouth shut and be a sponge and soak up as much information as possible."

Because Harrison remains a threat even as 40 looms, Pittsburgh doesn't need Watt and rookie cornerback Cameron Sutton to do the heavy lifting that Burns, safety Sean Davis and defensive tackle Javon Hargrave did during their first seasons last year.

All three were thrown right into the mix. All three were vital parts of a defense that improved as the team ripped off nine straight wins to reach the title game. It was impressive, but it was just a start.

Sacks need to go up. Turnovers need to go up. Do both and the gap between the Steelers and the Patriots could narrow significantly.

"We can't always rely on the offense to go out and win the game for us," Burns said. "We've got to go out and win the game too."

Luck insists right shoulder will be better when he returns

INDIANAPOLIS (AP)— Ballard announced Monday Andrew Luck tried to ease all doubts about his surgicallyrepaired right shoulder Sat-

He'll have to return to the field to actually prove it—and nobody knows when that will be.

For the first time in six NFL seasons, Luck will not suit up when his teammates hold their first training camp practice Sunday. Instead, he'll continue coaching them in meetings and from the sideline, just like he's done for months.

"It does feel different than it did last year," Luck said. "I still have a ways to go in terms of regaining the strength, but I know every day it's improving. I can see the light at the end of the tunnel."

That's about the best update coach Chuck Pagano could have received when players reported to the team complex.

General manager Chris

that Indy's franchise quarterback would go on the physically unable to perform list though he remains hopeful Luck will start the Sept. 10 season opener at Los Angeles.

Colts' fans, meanwhile, have developed a growing sense of unease.

Since 1998, Luck and Peyton Manning have started 303 of Indy's 329 games including the playoffs. Only two other times that span was there a serious question about Indy's starting quarterback heading into camp.

In 2008, Manning went on PUP with an infected bursa sac. He recovered in time to start the season opener and led the Colts to the playoffs as a wild-card team.

Manning also went on PUP in 2011 after having offseason neck surgery and missed the entire season. The result: Indy lost its first 13 games, won the Luck sweepstakes

by getting the No. 1 pick and Walker. Ballard has said he Manning was released during the offseason.

There are obvious reasons

Ballard said Luck began throwing last week. On Saturday, Luck told reporters that he starting by throwing a tennis ball but would not say whether is throwing a football yet.

Neither the team nor Luck has established a timetable for his return, giving Luck only six more weeks to rebuild his strength, regain his throwing motion and get in football shape before the games count.

"We're not going to rush it just to rush it," Luck said. "I have not felt an undue pressure to do something that would not be in my best interests."

Pagano is scheduled to take questions Sunday.

Indy has three other quarterbacks on the roster—backup Scott Tolzien, practice squad regular Stephen Morris and undrafted rookie Phillip

Defensive tackle David Parry apologized for being arrested in Scottsdale, Arizona, in February. He was sentenced to two years of probation in May after pleading guilty to reduced charges from an incident in which he allegedly assaulted the driver of a street-legal motorized

cart, then stealing and crash-

ing the vehicle.

urant sets new record



DELHI (AP)—The Golden State Warriors' Kevin Durant and 3,459 children from the Reliance Foundation Junior NBA program

in India entered the Guinness Book of World Records on Friday after holding the world's largest basketball lesson in multiple venues.

Durant, the MVP of the 2017 NBA Finals, conducted the record-breaking feat at the NBA Academy India, the new basketball training center in the Delhi National Capital Region for the top male and female prospects from throughout the country.

One group of players was with Durant at the academy, while other boys and girls participated via satellite from Bengaluru, Chennai, Hyderabad and Kolkata.

"Sharing my love of basketball with thousands of boys and girls across India was an unbelievable experience," Durant said. "It was an honor to coach these amazing kids and to be a part of this special day."

Durant, making his first trip to India, is supporting the growth of basketball in the country. While in Delhi, he has coached top prospects at the NBA Academy India and built two new courts at a school as part of his foundation's "Build It And They Will Ball" Courts Renovation Initiative.

"Sports (have) the ability to unite people, and this record-setting NBA clinic led by Finals MVP Kevin Durant helped us connect young basketball players throughout the country in a single event," said NBA India managing director Yannick Colaco.

The NBA Academy India, which opened in May, builds on the league's existing initiatives in India. The Reliance Foundation Junior NBA program has reached more than 6 million children and trained more than 5,000 physical education instructors nationwide since its launch in 2013.

Killaz trash Drillers in Flame Tree B

jon_perez@saipantribune.com REPORTER



The Jonny's Serial Killaz overpowered Chow

Time Drillers, 11-4, to gain solo leadership in the Flame Tree Thursday B Division of the SEDA Bud Light League 2017 last week at Jonny's Bar in Garapan.

The Serial Killaz dispatched the Drillers after sweeping the Singles Regular Cricket then inflicted more damage by winning both matches in the Partners Half-It. The Drillers scored their fourth win in Team 1101 for the final tally.

All games in the twice-ayear darts leagues are played since each win counts on the standings.

Joey Songsong, the topranked player in the division, led the one-sided win and losing only in the Partners 501 and the Team 1101 events.



CONTRIBUTED PHOTO

The Serial Killaz celebrate after beating the Drillers and gain solo leadership in the Flame Tree Thursday B Division.

Anson Jones, Eric Atalig, Peter Mendiola, and Jeremy Sasamoto are the other players that saw action last Thursday.

The Drillers, despite the loss, are still in second place with a 140-85 record followed closely by the Naked Fish Ridin'Darrty-B (135-90) and Jonny's S.O.L. (128-97).

Jonny's Real Deal (112-113), Naked Fish Na'Gupu (105-120), Naked Fish Dartaholics (76-149), and Naked Fish DNA Jump It (57-168) are in the lower half of the standings to complete the eight-team field.

The Dartaholics easily dispatched Na'Gupu, 10-5, the Ridin'Darrty escaped with a 9-6 decision over the Jump It, while the Real Deal squeezed out an 8-7 triumph against sister-squad S.O.L.

In Fanihi's Thursday Division, the 9 Eleven D'Strikers 2 remained on top following an 11-4 win over the 6JMS Bandits for a 146-79 record, and earn some distance against the second-running 6JMS Mafia 2,

which also scored the same victory against the Franken Dart Crafters for 132-93. The 80 Proofers edged fellow 6JMSsponsored squad Shaka, 8-7.

Shaka (104-106), 80 Proofers (103-107), Bandits (103-122), and Crafters (72-153) complete the standings.

Other results last week are as follows

MASTERS

- Pythons (121-134) 14, Calamity Fun (86-169) 3
- Mafia Masters (168-87) 9, Nakayoshi (135-120) 8

A Division

- Ridin'Darrty (164-91)14, Gunners (90-165) 3
- Dragon Mastes (144-111) 12, Predators (107-148) 5
- 101 Proofers (140-115) 10, Mafia 1 (143-112) 7
- Mechanik's (127-128) 9, Drunken Warriors (105-150) 8

Ladies

■ Momshies (137-88) 9,

busy preparing the venues for each events

Last week, local organizers had a site visit at the Korman Complex, which is undergoing renovations and installation of new facilities. The Korman stadium will host the opening ceremony, while its track oval will be the venue for athletics and football and rugby 7s games. Also being built near the complex are indoor halls for karate, judo, and boxing; and courts for lawn tennis, netball, table tennis, and beach volleyball. (Roselyn B. Monroyo)

(50.83) gained the bronze.

Bull It II (82-143) 6

Hot Mess (89-136) 7

Tuesday B

LOL (103-122) 3

Warriors (58-167) 4

Lupeyt Boyz (132-93) 7

■ Exquisites (142-83) 8,

■ D'Strikers (148-77) 12,

■ Chamberos (106-119) 11,

■ Xecutionerz (128-97) 8,

jon_perez@saipantribune.com REPORTER

Each win would be important to all teams that are in title contention in the Saipan Billiards Association's Tuesday and

entering the final stretch.

Only two wins each separate the competing teams in the Tuesday Division making the last six weeks more exciting.

The Hustlers continue to

Bull It (66-159) 4

- Beach Flukers (123-102) 9, Scorpions (107-118) 6
- Knights (133-92) 8, Bull Hitters (109-116) 7

Kingfisher C

- Re-Darts (118-107) 11, Dart Vaders (64-161) 4
- Ridin'Darrty-C (130-95) 9, Parakeyu! (154-71)
- Sunsports (86-139) 9, ■ Hut Shot (137-88) 11, Hit'em Up (123-102) 6

Every win counts in billiards leagues

By JON PEREZ

Chichirika C

Thursday leagues with games

It's still an open race in both leagues with four teams remaining in the hunt for the division crowns. All 13 games in the Singles and Partners 8-Ball events are played every week since each win and loss would count in the standings.

The 9 Eleven Docomo Hustlers are still on top at 104-78 followed by the 102-80 apiece of the Chow Time-Blue Haus Destroyers and the 9 Eleven Titans. Tasha's Str8 Black Ball holds a 102-80 record at fourth.

lead the standings after an 8-5 decision over the Str8 Black Ball, while the Destroyers edged the Titans, 7-6, to join

preliminaries (53.17 seconds)

and second in the semifinals

(52.69 seconds) before pulling

the rug under Sjostrom in the

U.S. gained more cushion in

the medal standings, leading

the field with its 16 golds,

12 silvers, and 10 bronzes.

Eight more medal races

were scheduled last night

and pending results of these

With Simone's upset, the

finals.

their opponents in shadowing the leaders.

> The Chow Time Assassins defeated Tasha's Crazy 8, 7-6, with both teams hav-

ing 69-113 records to complete the standings. Over at the Thurs-

day League, the Chow Time 8-Black Ball enjoy a threewin lead at 111-71 against the 9 Eleven MJD Warriors, 108-74, with the latter also up by three over sister team Titans II (105-77). Tasha's Wild Bills is fourth (101-81).

The 8-Black Ball kept their hold of the top ranking following a 9-4 defeat of the lowly 9 Eleven Jam Shooters, while the Titans II remained in the title hunt after completing a 9-4 demolition of the Warriors.

Wild Bill's defeated sister squad Extreme, 8-5, which is the same score of Sands Team SCS's victory over the Chow Time-Blue Haus Homeboyz.

Team SCS (194-88), Homeboyz (75-107), Extreme (70-112), and Jam Shooters (64-118) are in the other half of the standings.

TRIBUNE SPORTS SCORES

NBA STANDINGS AMERICAN LEAGUE

East Division

	V V		1 61	OD
New York	56	46	.549	_
Boston	57	48	.543	1/2
Tampa Bay	53	52	.505	4 1/2
Baltimore	49	54	.476	7 1/2
Toronto	48	56	.462	9

Central Division Cleveland .529 3 .490 7 Kansas City 50 Minnesota Detroit .451 11

West Division Houston Seattle

Chicago

.660 .495 Los Angeles 51 .486 Oakland

NATIONAL LEAGUE Washington 61 40 604

radinington	01	-10	.00-	
liami	49	53	.480	12 1/2
ew York	48	54	.471	13 1/2
tlanta	48	54	.471	13 1/2
hiladelphia	37	64	.366	24

Central Division

Chicago	55	48	.534	_
Milwaukee	55	51	.519	1 1/2
St. Louis	51	53	.490	4 1/2
Pittsburgh	50	54	.481	5 1/2
Cincinnati	41	63	.394	14 1/2

West Division

os Angeles	73	31	.702	_	
Arizona	60	44	.577	13	
Colorado	59	45	.567	14	
San Diego	47	57	.452	26	
San Francisco	40	65	.381	33 1/	4

BY THE ASSOCIATED PRESS

Over 3,000 to participate in Mini Games nis have 11 each, soccer

More than 3,000 athletes and officials from 24 countries are expected to take part in the 2017 Pacific Mini Games that will be held in Port Vila, Vanuatu.

Athletes across the Pacific and from Australia and New Zealand will compete in 14 sports, including the new addition to the calen-

to hold a clinic or seminar to

explain the rules. The rules

in 3x3 are different from the

regular basketball games.

This is one is much faster, so

we need all teams and play-

ers to understand all rules and

regulations," Rangamar told

He added the tournament

would also be a qualifier for

the Pacific Mini Games with

the winning team in the men's

open division representing the

3X3

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Saipan Tribune.

dar of events—the 3x3 basketball (men and women). Of these 14 events, athletics drew the most participating nations with 19, while

weightlifting is ranked second with 12. Lawn tennis, beach lured 13 countries each, box-

volleyball, and rugby 7s have ing has 12, golf and table ten-

VILLACRUSIS

CNMI swimmers also raced in

their final event in the World

In the 100m butterfly, David

Boyer posted 1:06.80, missing

his PBT of 1:06.54. Boyer was

on the Heat 2 qualifying race,

which had Malta's Mikhail

Umnov as the top finisher

after tallying 55.58 seconds.

Dressel ruled both the pre-

liminaries and finals after re-

cording 50.08 and 49.86 sec-

onds, respectively. Hungary's

Kristof Milak (50.62 seconds)

won the silver medal, while

Singapore's Joseph Schooling

Championships last Friday.

two more

From Page 36

Meanwhile,

karate and netball has six each. 3x3 basketball, which was added on the list just this month, has attracted 10 countries, includ-

and judo has 10 apiece,

archery has nine, and

ing the CNMI. The Commonwealth will also field athletes in athletics, golf, and rugby 7s.

The 10th edition of the Mini Games will be held from Dec. 4 to 15 and the host country is

In the 100m freestyle, Jini Thompson timed in at 1:12:07 and defeated two swimmers on Heat 1. Mauritius' Elodie Poo-Cheong prevailed in the group with her 58.76 seconds, while world and championships record-holder and Sweden's Sarah Sjostrom registered the best qualifying time with her 53.01 seconds. However, Sjostrom was upset in the medal race, as American Manuel Simone grabbed the gold after clocking in at 52.27 seconds against the former's 52.31 seconds. Denmark's Pernille Blume ranked third

events, the U.S. is ahead of China (12-12-6), Russia (11-4-7), Great Britain (5-2-3), and France (5-1-2). Rounding out the Top 10 are Australia (3-5-2), Italy (3-3-8), Brazil with her 52.69 seconds. Sim-(2-4-2), Sweden (2-1-0), and one finished only third in the host Hungary (1-4-2). each from R.J. Pangelinan and

Nazzir Altamirano. HK SSS has yet to win a single game with one more match left in its schedule in the preliminary round, and is likely to challenge Saipan Elite in the semifinals. HK SSS will play its last game before the playoffs tomorrow when it meets 4Gives at 4pm.

scorer in 4Gives' rout of NMI U16 after drilling a hat trick. He got ample support from his teammates, as Kirro Batino, Joyce Angelo Ben, Andruw Omelau, and Nolan Gatharngel contributed two goals each.

day at 4pm.

CNMI in the Dec. 2-15 quadrennial event in Port Vila, Vanuatu this year.

However, all members of the winning team must be U.S. citizens or a holder of a passport of the country that they are going to represent in

The inaugural 3x3 tournament is also MIBF's fundraising event where proceeds would help the winning team's trip to Vanuatu.

the Mini Games.

Rangamar said the CNMI would field a women's team to the Mini Games if the winning squad would be competitive enough. "We want to send a team that could go up against the other countries. So we won't get blown out by the other teams."

He added they are now looking for sponsors and asked interested businesses to get in touch with him. He is also working on the registration and

contact Rangamar at the Ada Gym 234-6672 or 287-6347 or email eli_rag@yahoo.com.

waiver forms for Aug. 12. more information,

Health Armada today, while Isamu United will also have its final match this afternoon against Hakone FC. All four teams will advance to the playoffs, which will start this Wednesday with the No. 1 finisher facing the No. 4 ranked squad in the semis and the No. 2 and 3 squads squaring off in the other Final Four pairing. Winners of the semis matches will fight for the division cham-

pionship this Friday at 3:30pm. Meanwhile, Saipan Elite is likely to get the top seeding in the boys U16 division following another with last weekend.

Saipan Elite dominated HK SSS, 9-4, to gain a 4-1-0 record and keep the No. 1 spot in the team standings. Merrick Toves and Jaydee Jose scored three goals apiece to hand Saipan Elite the easy victory, while Oliver Fajardo, Oliver Lee, and Rohan Basnet chipped in one apiece.

Dylan Kim nailed a pair for HK SSS, which got one goal

4Gives retained the second spot in the team standings following an 11-3 win against NMI U16 (2-0-3) last Friday. Jether Yobech was the leading

John Ezekiel Canape recorded two goals for NMI

U16, while Brandon Tenorio added one. NMI U16 will try to finish the preliminary round on a positive note when it collides against Saipan Elite to-

F. MARINOS From Page 36

7-0, failed to make it back-toback after getting only one goal off Therize Millare's conversion in the first half. The opening 20 minutes of play ended in a tie before F. Marinos controlled the final half, as Isamu United could not contain Borja.

F. Marinos has one more game in the double-round robin preliminary round and it will be against Marianas

SAIPAN TRIBUNE MONDAY, JULY 31, 2017 **35**

17th FINA World Championships

CONTRIBUTED PHOTOS



CNMI swimmers Jinju Thompson, left, and Victoria Chentsova pose for a photo in one of the sites they visited while waiting to compete in the 17th FINA World Championships last week in Budapest, Hungary.



From left, Christian Villacrusis, David Boyer, Jinie Thompson, and coach Valrick Welch pose for a photo at the departure area of an airport in Doha, Qatar before leaving for their connecting flight to Hungary



CNMI swimmer Christian Villacrusis finished fifth in the qualifying heat for the 50m freestyle event.



The CNMI's Jinju Thompson adjusts her goggles while waiting for the start of the 100m freestyle race.



The CNMI's Christian Villacrusis, third left, walks to the pool side to join the qualifying heat in the 100m breaststroke race.



Siblings Jinju and Jinie Thompson pose for a photo with Hungary's synchronized swim team.



From left, David Boyer, Christian Villacrusis, and Jinie Thompson get ready to hold their practice swim.



CNMI and Palau swimmers pose for a photo.



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Gardner's walkoff single leads Yankees past Rays, 5-4

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SAIPAN TRIBUNE

Villacrusis posts one more PBT

By ROSELYN B. MONROYO

he CNMI's Christian Villacrusis capped his participation in the 17th FINA World Championships in Budapest, Hungary in record-breaking fashion.

The 17-year-old swimmer set another personal FINA WORLD best time after BUDAPEST completing the 50m freestyle event last Friday at the Dagály Swimming Complex in 26.61 seconds. Villacrusis old PBT was 27.02 seconds, which he

registered during the 69th Annual Keo Nakama Invitational held early this month in Hawaii. The Mt. Carmel

School student earlier got a PBT in the 100m breaststroke

F. Marinos keeps streak



F. Marinos' Guine Borja is left open and takes her time before starting a play during their game against Isama United in the girls U17 division of the Saipan Soccer School's 2017 Youth Summer Futsal Tournament last Friday at the TSL Sports Complex.

By ROSELYN B. MONROYO roselyn_monroyo@saipantribune.com

Guinvere Borja singlehandedly lifted F. Marinos to a 5-1 victory against Isamu United in the girls U17 division game in the Saipan Soccer School's 2017 Youth Summer Futsal Tournament last Friday at the TSL Sports Complex.

Borja made all five goals of F. Marinos, giving the team its fourth straight win

and the solo lead in the foursquad field. F. Marinos, with its 4-0-1 win-draw-loss record, is slightly victory ahead of idle Hakone FC (3-0-1). Isamu Unit-

ed fell to a 1-0-4 card to drop to fourth place behind Marianas Health Armada (1-0-3).

Isamu United, which broke into the win column last Thursday after whipping Marianas Health Armada,

See F. MARINOS on Page 34



The Commonwealth swimmer was on Heat 3 of the qualifying races and ranked fifth in his group. He finished the sprint ahead of 11 other swimmers. A total of 118 joined the

qualifying heats with Brazil's Bruno Fratus recording the fastest preliminary time with his 21.51 seconds and Kenya's Issa Abdulla Hemed Mohamed topping Heat 3 after

logging 23.68 seconds. The USA's Caeleb Ramel Dressel went on to take the gold medal after clocking in at 21. 15 seconds in the finals, while Fratus settled for the silver with his

21.27 seconds, and Great Britain's Benjamin Proud completed the podium with his 21.43 seconds.

See VILLACRUSIS on Page 34

Jamfest in August

The Mariana Islands Basketball Federation will be holding the inaugural 3x3 FIBA Jamfest in August, which will be held for two weekends in separate venues. The first weekend, the elimination phase will be from Aug. 19 to 20 at the Gilbert C. Ada Gymnasium, while the finals will be on Aug. 26 in a still-to-be-determined outdoor basketball court.

MIBF official Elias Rangamar is advising interested basketball players in the CNMI to form a team with four players both in the men's and women's divisions. Registration for the tournament is \$50 per team in the five age divisions (U15, U18, open, masters over-40, and masters over-50).

"We're also inviting players from Tinian and Rota to form their teams and join. Only four players in one team," said Rangamar.

All FIBA (Fédération Internationale de Basketball or International Basketball Federa-

tion) 3x3 rules will apply and Rangamar said they would hold a one-day orientation/seminar on Aug. 12 to explain regula-

tions of the latest form of the game that would make its Olympic debut in the Tokyo 2020 Sum-

"We're also going to have Aug. 12 as registration day. At the same time, we're going

By JON PEREZ

See 3X3 on Page 34



2017 MINI GAMES PHOTOS

Nasi, the official mascot of the 2017 Pacific Mini Games, poses with Vanuatu Basketball Federation president Franck Franconieri, front row center, and the hosts' 3x3 players.